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# Mama Might Be Better Off Dead The Failure Of Health Care In Urban America

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*Mama Might  
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Urban America*      2024-04-22

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## **WARREN ATKINSON**

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The Failure of Health Care in Urban America Simon and Schuster

Having suffered abuse and misfortune for much of her life, a young child searches for a better life and finally gets a break in the home of a loving woman with several foster children.

**Reaching for the Moon**  
Penguin

Presents the text of Alice Walker's story "Everyday

Use"; contains background essays that provide insight into the story; and features a selection of critical response. Includes a chronology and an interview with the author. God Help the Child  
Vintage

TikTok and viral video star Grey (@greyandmama, 6M followers) says "Thank you, Mama!" to healthy foods in this picture book that teaches gratitude, manners, and the joy of sharing meals with those we love. We all want to raise happy eaters who enjoy eating new foods, mealtimes with family,

and being thankful. That's why so many parents love Linda Meeker's charming videos of her son Grey saying "Thank you, Mama!" With colorful illustrations that capture a child's daily snacks and mealtimes, Thank You, Mama will delight parents and kids alike. This playful picture book for 3 to 7-year-olds follows a little boy as he explores different foods--from vegetables to sushi--and tries to pick his favorite encourages children to try new foods and become happy, healthy eaters honors the bond between parent and child models

respect, manners, and thankfulness builds vocabulary and prereading skills with colorful food illustrations paired with words for each item This first children's book from TikTok and Instagram stars Grey and Mama is the perfect story for Parents and grandparents who want to instill good habits and gratitude from a young age Any family eager to celebrate the love of food and family that develops over shared meals Baby showers, birthdays, holiday gift giving, or to a little one scared to try new foods This cheerful story about an adorable, curious, and kind child will have your kids saying "thank you"--and maybe even giving those peas a chance!

### **A Raisin in the Sun**

Simon and Schuster  
Mama Can You? is a story about a curious little boy Jax, who is having a hard time coming to grips on why his father is absent from his life. Mama reassures Jax that she will always be there to support him in every stage of his life, helping him to gain a sense of confidence that he has never had before.

### **A Guide to Putting Down the Phone, Burning the To-Do List,**

### **and Letting Go of Perfection to Grasp What Really Matters!**

Harvest House Publishers  
"Rachel Macy Stafford's post "The Day I Stopped Saying Hurry Up" was a true phenomenon on The Huffington Post, igniting countless conversations online and off about freeing ourselves from the vicious cycle of keeping up with our overstuffed agendas. Hands Free Mama has the power to keep that conversation going and remind us that we must not let our lives pass us by." --Arianna Huffington, Chair, President, and Editor-in-Chief of the Huffington Post Media Group, nationally syndicated columnist, and author of thirteen books

<http://www.huffingtonpost.com/> DISCOVER THE POWER, JOY, AND LOVE of Living "Hands Free" If technology is the new addiction, then multi-tasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this

isn't the way it has to be. In July 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. She started a blog to chronicle her endeavors and soon saw how both external and internal distractions had been sabotaging her happiness and preventing her from bonding with the people she loves most. Hands Free Mama is the digital society's answer to finding balance in a media-saturated, perfection-obsessed world. It doesn't mean giving up all technology forever. It doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. It means looking our loved ones in the eye and giving them the gift of our undivided attention, leaving the laundry till later to dance with our kids in the rain, and living a present,

authentic, and intentional life despite a world full of distractions. So join Rachel and go hands-free. Discover what happens when you choose to open your heart—and your hands—to the possibilities of each God-given moment.

*Mama Bear Apologetics™*  
University of Chicago Press

\*Foreword written by Nancy Pearcey\* "Parents are the most important apologists our kids will ever know. Mama Bear Apologetics will help you navigate your kids' questions and prepare them to become committed Christ followers." —J. Warner Wallace "If every Christian mom would apply this book in her parenting, it would profoundly transform the next generation." —Natasha Crain #RoarLikeAMother The problem with lies is they don't often sound like lies. They seem harmless, and even sound right. So what's a Mama Bear to do when her kids seem to be absorbing the culture's lies uncritically? Mama Bear Apologetics™ is the book you've been looking for. This mom-to-mom guide will equip you to teach your kids how to form their own biblical beliefs about what is true

and what is false. Through transparent life stories and clear, practical applications—including prayer strategies—this band of Mama Bears offers you tools to train yourself, so you can turn around and train your kids. Are you ready to answer the rallying cry, "Mess with our kids and we will demolish your arguments"? Join the Mama Bears and raise your voice to protect your kids—by teaching them how to think through and address the issues head-on, yet with gentleness and respect.

*Frankie & Bug* University of Chicago Press

The bestselling coming-of-age classic, acclaimed by critics, beloved by readers of all ages, taught in schools and universities alike, and translated around the world—from the winner of the 2019 PEN/Nabokov Award for Achievement in International Literature. The House on Mango Street is the remarkable story of Esperanza Cordero, a young Latina girl growing up in Chicago, inventing for herself who and what she will become. Told in a series of vignettes—sometimes heartbreaking, sometimes deeply joyous—Sandra Cisneros'

masterpiece is a classic story of childhood and self-discovery. Few other books in our time have touched so many readers. *The Death Gap* Zondervan In less than four months, beginning with a staff of five, an obscure office buried deep within the federal bureaucracy transformed the nation's hospitals from our most racially and economically segregated institutions into our most integrated. These powerful private institutions, which had for a half century selectively served people on the basis of race and wealth, began equally caring for all on the basis of need. The book draws the reader into the struggles of the unsung heroes of the transformation, black medical leaders whose stubborn courage helped shape the larger civil rights movement. They demanded an end to federal subsidization of discrimination in the form of Medicare payments to hospitals that embraced the "separate but equal" creed that shaped American life during the Jim Crow era. Faced with this pressure, the Kennedy and Johnson Administrations tried to play a cautious chess game, but that game led to perhaps the biggest

gamble in the history of domestic policy. Leaders secretly recruited volunteer federal employees to serve as inspectors, and an invisible army of hospital workers and civil rights activists to work as agents, making it impossible for hospitals to get Medicare dollars with mere paper compliance. These triumphs did not come without casualties, yet the story offers lessons and hope for realizing this transformational dream.

*Thank You, Mama W. W.*  
Norton & Company  
An African-American family is united in love and pride as they struggle to overcome poverty and harsh living conditions, in the award-winning 1959 play about an embattled Chicago family

*Genesis Begins Again*  
Scholastic Inc.  
Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

*Wintering* Vintage  
We hear plenty about the widening income gap between the rich and the poor in America and about

the expanding distance separating the haves and the have-nots. But when detailing the many things that the poor have not, we often overlook the most critical—their health. The poor die sooner. Blacks die sooner. And poor urban blacks die sooner than almost all other Americans. In nearly four decades as a doctor at hospitals serving some of the poorest communities in Chicago, David A. Ansell, MD, has witnessed firsthand the lives behind these devastating statistics. In *The Death Gap*, he gives a grim survey of these realities, drawn from observations and stories of his patients. While the contrasts and disparities among Chicago's communities are particularly stark, the death gap is truly a nationwide epidemic—as Ansell shows, there is a thirty-five-year difference in life expectancy between the healthiest and wealthiest and the poorest and sickest American neighborhoods. If you are poor, where you live in America can dictate when you die. It doesn't need to be this way; such divisions are not inevitable. Ansell calls out the social and cultural arguments that have been

raised as ways of explaining or excusing these gaps, and he lays bare the structural violence—the racism, economic exploitation, and discrimination—that is really to blame. Inequality is a disease, Ansell argues, and we need to treat and eradicate it as we would any major illness. To do so, he outlines a vision that will provide the foundation for a healthier nation—for all. As the COVID-19 mortality rates in underserved communities proved, inequality is all around us, and often the distance between high and low life expectancy can be a matter of just a few blocks. Updated with a new foreword by Chicago mayor Lori Lightfoot and an afterword by Ansell, *The Death Gap* speaks to the urgency to face this national health crisis head-on.

*The Book Thief* Viking  
Books for Young Readers  
This beautiful HarperCollins Children's Modern Classics edition is perfect for every bookshelf.

*How Inequality Kills*  
Vintage  
Details the modern state of health care in urban America, spotlighting challenges that face low-

income families in this part of the nation. Explains how the health care system has reached this point and considers how change can be wrought.

*My Mama* Penguin Esperanza Rising joins the Scholastic Gold line, which features award-winning and beloved novels. Includes exclusive bonus content! Esperanza thought she'd always live a privileged life on her family's ranch in Mexico. She'd always have fancy dresses, a beautiful home filled with servants, and Mama, Papa, and Abuelita to care for her. But a sudden tragedy forces Esperanza and Mama to flee to California and settle in a Mexican farm labor camp. Esperanza isn't ready for the hard work, financial struggles brought on by the Great Depression, or lack of acceptance she now faces. When Mama gets sick and a strike for better working conditions threatens to uproot their new life, Esperanza must find a way to rise above her difficult circumstances—because Mama's life, and her own, depend on it.

**The Hoosier Mama Book of Pie** Atheneum Books for Young Readers Teenage Gerald, who has

spent years protecting his fragile half-sister from their abusive father, faces the prospect of one final confrontation before the problem can be solved.

**A Novel** University of Chicago Press  
A NEW YORK TIMES BESTSELLER! AS HEARD ON NPR MORNING EDITION AND ON BEING WITH KRISTA TIPPETT  
"Katherine May opens up exactly what I and so many need to hear but haven't known how to name." —Krista Tippett, *On Being* "Every bit as beautiful and healing as the season itself. . . . This is truly a beautiful book." —Elizabeth Gilbert  
"Proves that there is grace in letting go, stepping back and giving yourself time to repair in the dark...May is a clear-eyed observer and her language is steady, honest and accurate—capturing the sense, the beauty and the latent power of our resting landscapes." —Wall Street Journal  
An intimate, revelatory book exploring the ways we can care for and repair ourselves when life knocks us down. Sometimes you slip through the cracks: unforeseen circumstances like an abrupt illness, the death of a loved one, a

break up, or a job loss can derail a life. These periods of dislocation can be lonely and unexpected. For May, her husband fell ill, her son stopped attending school, and her own medical issues led her to leave a demanding job. *Wintering* explores how she not only endured this painful time, but embraced the singular opportunities it offered. A moving personal narrative shot through with lessons from literature, mythology, and the natural world, May's story offers instruction on the transformative power of rest and retreat. Illumination emerges from many sources: solstice celebrations and dormice hibernation, C.S. Lewis and Sylvia Plath, swimming in icy waters and sailing arctic seas. Ultimately *Wintering* invites us to change how we relate to our own fallow times. May models an active acceptance of sadness and finds nourishment in deep retreat, joy in the hushed beauty of winter, and encouragement in understanding life as cyclical, not linear. A secular mystic, May forms a guiding philosophy for transforming the hardships that arise before the ushering in of a

new season.

### **Telling Time with Big**

**Mama Cat** Thomas Nelson

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf

with *The Diary of a Young Girl* by Anne Frank.”

—USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

*Pathologies of Power*  
Scholastic Inc.

North Lawndale, a neighborhood that lies in the shadows of Chicago's Loop, is surrounded by some of the city's finest medical facilities. Yet, it is one of the sickest, most medically underserved communities in the country. *Mama Might Be Better Off Dead* immerses readers in the lives of four generations of a poor, African-American family in the neighborhood, who are beset with the devastating illnesses that are all too common in America's inner-cities. Headed by Jackie Banes, who oversees the care of a diabetic grandmother, a husband on kidney dialysis, an ailing father, and three children, the Banes family contends with countless medical crises. From visits to emergency rooms and dialysis units, to trials with home care, to struggles for Medicaid eligibility, Laurie Kaye Abraham chronicles their access—or more often, lack thereof—to medical care. Told sympathetically but without

sentimentality, their story reveals an inadequate health care system that is further undermined by the direct and indirect effects of poverty. Both disturbing and illuminating, *Mama Might Be Better Off Dead* is an unsettling, profound look at the human face of health care in America. Published to great acclaim in 1993, the book in this new edition includes an incisive foreword by David Ansell, a physician who worked at Mt. Sinai Hospital, where much of the Banes family's narrative unfolds.

[Mama Might Be Better Off Dead](#) UNM Press

I've known my mama for such a long time. For my whole life, actually. My mama loves playing with me and my cars. I like that, as long as mama tidies up the cars afterwards. I'm good at hiding. No one can find me, not even my mama ... and then suddenly I shout, "PEEKABOO!" My mama's scared to death! I laugh and laugh. At night, my mama shakes the stars off my pants. I give her a big hug and say, "Goodnight stars, see you tomorrow!" A naughty baby elephant tells all about his mother in this lovingly drawn story--familiar and funny for

both parents and children.

**Number the Stars**

Algonquin Books

"Reminiscent of Toni

Morrison's *The Bluest*

*Eye.*" —The New York

Times "One of the best

books I have ever

read...will live in the

hearts of readers for the

rest of their lives."

—Colby Sharp, founder of

Nerdy Book Club "An

emotional, painful, yet still

hopeful adolescent

journey...one that needed

telling." —Kirkus Reviews

(starred review) "I really

loved this." —Sharon M.

Draper, author of the New

York Times bestseller *Out*

*of My Mind* This deeply

sensitive and

"compelling" (BCCB)

debut novel tells the story

of a thirteen-year-old who

must overcome

internalized racism and a

verbally abusive family to

finally learn to love

herself. There are ninety-

six reasons why thirteen-

year-old Genesis dislikes

herself. She knows the

exact number because

she keeps a list: -Because

her family is always being

put out of their house. -

Because her dad has a

gambling problem. And

maybe a drinking problem

too. -Because Genesis

knows this is all her fault.

-Because she wasn't born

looking like Mama. -

Because she is too black.

Genesis is determined to

fix her family, and she's

willing to try anything to

do so...even if it means

harming herself in the

process. But when

Genesis starts to find a

thing or two she actually

likes about herself, she

discovers that changing

her own attitude is the

first step in helping

change others.