



Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.

By Benjamin Watson

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Can it ever get better? This is the question Benjamin Watson is asking. In a country aflame with the fallout from the racial divide?in which Ferguson, Charleston, and the Confederate flag dominate the national news, daily seeming to rip the wounds open ever wider?is there hope for honest and healing conversation? For finally coming to understand each other on issues that are ultimately about so much more than black and white?

An NFL tight end for the New Orleans Saints and a widely read and followed commentator on social media, Watson has taken the Internet by storm with his remarkable insights about some of the most sensitive and charged topics of our day. Now, in *Under Our Skin*, Watson draws from his own life, his family legacy, and his role as a husband and father to sensitively and honestly examine both sides of the race debate and appeal to the power and possibility of faith as a step toward healing.

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Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us. By Benjamin Watson Bibliography

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Editorial Review

Review

Packed with germane insights, this eye-opening book challenges current trends in American race relations, providing an important context for conversations about finding roads to racial unity. Read this book and be better prepared to narrow the gap between our national creeds and deeds. (Barry C. Black, Chaplain of the United States Senate)

Benjamin Watson is an important African American voice of balance and sanity in a world of racial chaos and confusion. He has used his platform as an NFL player to speak God's perspective on race. In this work, Ben will encourage and challenge you to think rightly and righteously about addressing the sin that is destroying our nation. (Dr. Tony Evans, Senior pastor of Oak Cliff Bible Fellowship and president of The Urban Alternative)

This is a message every one of us needs to hear, and we're listening to what Benjamin Watson has to say. *Under Our Skin* is unflinchingly honest, strong, and authentic. You won't be able to put it down, and it will surprise, challenge, and inspire you in ways you never expected. (Holly Robinson Peete, Actress, author, philanthropist; Rodney Peete, Former NFL quarterback, author, entrepreneur)

Benjamin Watson has been an outspoken advocate for racial unity based solely on the fact that Jesus Christ died for all people. Jesus came to this earth to cover the sin of mankind with His precious blood and to wipe out the sins of disobedience, immorality, and racial conflict. Under the skin of every human being beats a heart that has the potential to love and serve the Lord and Master of the soul made alive by the very breath of God. Thank you, Benjamin, for pointing people toward the One who came and dwelt among us, who died to save us, and who lives to prove His everlasting salvation to all who will come to Him. (Franklin Graham, President and CEO, Billy Graham Evangelistic Association and Samaritan's Purse)

I am honored to recommend my friend Benjamin Watson's first book, *Under Our Skin*. Ben has grabbed the attention of our nation with insightful writings on many of the issues that divide us. God has expanded Ben's reach way beyond the football field. I believe Ben is a voice for our time. In *Under Our Skin*, you will soon see why his wisdom on the issue of race in our nation is so needed. (Chris Tomlin, Musician, songwriter)

Benjamin Watson is one of the most intelligent and thoughtful men I have ever met, inside or outside of football. When he examines a topic, it is never from the perspective of societal norms or cultural traditions. His observations are always based on sound, biblical principles. I know you will benefit from his insights into race and religion in the United States today. (Tony Dungy, Super Bowl winning head coach and New York Times bestselling author)

In his first book, *Under Our Skin*, Benjamin Watson does a superb job of exposing the many racial stereotypes that exist on all sides, and he helps people to understand that we are all human beings created by God and intended for great things. If we invest energy in understanding others, we will improve our own lives. (Benjamin S. Carson Sr., MD, Retired neurosurgeon and Republican presidential candidate)

If you thought you were moved by Benjamin's words in the wake of Ferguson, wait until you read this book. It is intensely personal, provoking real race discussions based on his own life and the issues still plaguing this nation. More importantly, though, my friend Benjamin leaves us with a sense of hope. (Brooke Baldwin,

Anchor, CNN)

A must-read for anyone who is frustrated by the racial strife and problems in our world?and ready to become part of the solution. Stop everything you're doing and read what Benjamin Watson has to say. (Mark Richt, Head football coach, University of Georgia)

Not many people can speak so honestly and eloquently about such a tough issue. Benjamin Watson shows great perspective on every side and challenges us all to embrace a higher moral and spiritual purpose. (Drew Brees, Quarterback, New Orleans Saints)

From the Back Cover

For so many people, the racial divide is an argument, a political position, a debate on TV.

But keeping our distance isn't working.

It's not an option anymore. This is about you and me. It's about our neighbors, our children, and our world.

In this challenging look at race, bias, and justice, Benjamin Watson, tight end for the New Orleans Saints and social-media commentator, speaks from his deepest heart to articulate what many of us think and feel. Part memoir and part social commentary, *Under Our Skin* offers a look at both sides of the race debate and appeals to the power and possibility of faith as a step toward healing. It's a bold new path for us to follow as we come together to talk about the truths, myths, and realities of racial conflict.

Change starts here.

From the flap:

Let's admit it. We all feel angry, offended, sad, hopeless, confused. But this is also true: We can be *encouraged*.

Benjamin Watson is a tight end for the New Orleans Saints, a writer and speaker, and a widely read and followed commentator on social media.

He attended Duke University as a freshman and transferred to the University of Georgia, where he majored in finance. After an all-SEC senior campaign, he was drafted in the first round of the 2004 NFL draft by the New England Patriots. He won a Super Bowl ring in his rookie season and appeared in another Super Bowl following the 2007 season. After a three-year stint with the Cleveland Browns—including the 2010 season in which he led the Browns in receptions, receiving yards, and receiving touchdowns?Watson signed with the Saints in 2013.

Watson serves on the executive committee of the NFL Players Association and is the founder of the nonprofit One More foundation along with his wife, Kirsten. They live in New Orleans with their five children.

Ken Petersen is a veteran of book publishing, having worked for Tyndale House Publishers and Random House/Crown (WaterBrook Multnomah). He has written numerous books and lives with his wife, Rita, in Colorado Springs.

About the Author

Benjamin Watson was drafted in the first round of the 2004 NFL Draft by the New England Patriots. As a Patriot, Benjamin received a Super Bowl ring in his rookie year. He now plays for the New Orleans Saints.

He lives with his wife, Kirsten, and their five children in New Orleans, Louisiana.

J. D. Jackson is a theater professor, aspiring stage director, and award-winning audiobook narrator. A classically trained actor, his television and film credits include roles on *House*, *ER*, and *Law & Order*. J. D. was named one of AudioFile magazine's Best Voices of the Year for 2012 and 2013.

Users Review

From reader reviews:

Zachary Mason:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite e-book and reading a e-book. Beside you can solve your condition; you can add your knowledge by the guide entitled *Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.* Try to make book *Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.* as your buddy. It means that it can to be your friend when you truly feel alone and beside that course make you smarter than ever before. Yeah, it is very fortunated for you personally. The book makes you more confidence because you can know everything by the book. So , we need to make new experience along with knowledge with this book.

Marlene Childs:

The book untitled *Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.* is the book that recommended to you to study. You can see the quality of the guide content that will be shown to you. The language that article author use to explained their way of doing something is easily to understand. The article author was did a lot of investigation when write the book, therefore the information that they share for your requirements is absolutely accurate. You also could possibly get the e-book of *Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.* from the publisher to make you far more enjoy free time.

Ramon Hudson:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book *Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.* it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Bruce Parisien:

Do you have something that suits you such as book? The reserve lovers usually prefer to opt for book like comic, quick story and the biggest the first is novel. Now, why not trying Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us. that give your entertainment preference will be satisfied by means of reading this book. Reading addiction all over the world can be said as the method for people to know world far better than how they react toward the world. It can't be explained constantly that reading addiction only for the geeky man or woman but for all of you who wants to always be success person. So , for every you who want to start examining as your good habit, you may pick Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us. become your starter.

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