

# Can Resilience Confront Racism: B.B. O'Shannon's Born on the Hit List Reveals the Answer

*B.B. O'Shannon's Born on the Hit List is a powerful survival guide, offering 18 lessons on racism and overcoming adversity.*

NY, UNITED STATES, March 11, 2025 /EINPresswire.com/ -- What does it take to rise above a world that seems determined to hold you down? In his groundbreaking book [Born on the Hit List: A Black Man's Survival Guide Using 18 Tips in a Systemic Racist Society](#), B.B. O'Shannon delivers an unapologetic narrative that is both a memoir and a survival guide. With courage, O'Shannon shares his life story to highlight the challenges Black men face in America... and the strategies that lead to victory.



From growing up in Detroit's racially divided streets to systemic discrimination in sports, education, and the workforce, [O'Shannon's](#) experiences mirror those of countless Black men navigating a relentless system. Through 18 powerful lessons, he offers a roadmap for readers on how to face adversity. This way, readers can thrive in environments often designed to limit their potential.

B.B. O'Shannon's life is a witness of grit and determination. His journey shows his roles as a student-athlete, law enforcement officer, mentor, and grandfather. His childhood in Detroit was marked by both violence and the guiding wisdom of elders. This helped him set the stage for his lifelong fight against systemic injustice. O'Shannon's story reveals the courage to stand tall in the face of challenges. No matter whether standing on the basketball court or facing down racial hostility in a corporate setting.

Born on the Hit List offers more than just a story of personal struggles. Each chapter ends with a powerful lesson that equips readers with tools to fight racism and pursue their goals. Whether it's learning to stay calm under pressure or finding strength in faith and family, O'Shannon's

lessons are inspiring.

This is not just a book for Black men. It's a wake-up call for anyone seeking to understand the impacts of racism and the power of resilience. O'Shannon's narrative invites readers to confront uncomfortable truths while finding hope in the shared human experience of overcoming adversity.

In a time when conversations around race and justice are more crucial than ever, *Born on the Hit List* breaks through the noise with raw honesty and practical wisdom. It challenges readers to reflect, engage, and act. This book is more than a read—it's a movement.

Experience the power of survival. Learn the lessons of resilience. Join the journey with B.B. O'Shannon's book *Born on the Hit List: A Black Man's Survival Guide Using 18 Tips in a Systemic Racist Society*.

#### About the Author

B.B. O'Shannon is a Detroit native. He is a former athlete and Juvenile Detention Officer who turned his life experiences into an empowerment mission. With a background marked by systemic challenges, he mentors through storytelling, sharing strength, perseverance, and self-worth lessons. His book, *Born on the Hit List*, reflects his commitment to inspiring others to overcome challenges.

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