undergraduate social scientists. The book is a fine example of sociology as it is largely non-ideological or politically motivated, conveying historical facts without prejudice. What predictions it does make are conservative and based on mathematics. One criticism of the work might be that it is simply a restatement of the facts rather than a novel contribution in and of itself. Even if this was true, it still has great value, as demography has been an underutilized tool in the field of academic history and this serves as a great introduction to the subdiscipline. Whatsoever any analyst conjectures, the modern world will continue to be shaped by the demographic shifts that started around the year 1800. Morland implores the field of academic history to employ more demographic methods, due to their scientific quantifiability, humanistic value, and explanatory potential throughout vast swaths of spacetime.

Kieran Black

George J. Sánchez. *Boyle Heights: How a Los Angeles Neighborhood Became the Future of American Democracy*. Oakland: University of California Press, 2021. Pp. 392. Hardcover $19.50.

Boyle Heights' history exemplifies the struggles of a racial and ethnic melting pot that has created an inclusive multicultural environment since the inception of Los Angeles. George J. Sánchez explains how this east Los Angeles community could ignore different ethnic and racial backgrounds that allowed this neighborhood to create a sense of identity and unity. The USC Professor of History and American Studies demonstrates how Boyle Heights endured social, economic, and political changes that helped illustrate a sense of togetherness. The author's parents settled in Boyle Heights during the 1950s after immigrating from Mexico, making this work a personal history of the city. Sánchez provides sufficient context to understand the origin of intermixed neighborhoods and explaining the difficult times that Jewish-Americans, Mexican- Americans, Asian-Americans, and African-Americans endured. This neighborhood's history spans

generations as members of the community protected the minorities in Boyle Heights from institutional oppression.

The ten-chapter book analyzes the shared experiences of these intermixed neighborhoods that helped construct community identity. Utilizing Natalia Molina's idea of counter scripts as a concept of resistance as ethnic and racial groups were ousted, these neighborhoods would find solidarity siding with one another to demonstrate their worth as a community by combatting systematic oppression (68). Sánchez evolves his multiracial narrative of Boyle Heights by highlighting how the oppression of a single racial or ethnic group became a shared struggle that helped develop community identity and awareness. The history of Boyle Heights consists of Jewish-Americans, Japanese-Americans, African-Americans and Mexican-Americans who all faced a multiplicity of obstacles in their efforts to achieve equality.

Sánchez's passion project begins with the origin of Boyle Heights and what led to its uniquely diverse population. The city was born through racial residential covenants which funneled nonwhite and foreign people into the city. Through public prejudice, these people filtered into Boyle Heights where they were allowed to settle and obtain industrial jobs which made it into a safe haven for "racial undesirables" (33). Sánchez coins the term "urban apartheid" which refers to the racially restrictive covenants that determined who could buy a home based on their race.

A common theme in the book is social movement through shared experience. The Great Depression, New Deal and World War II all brought ethnic and racially backed changes that effected people's lives. Boyle Heights exemplifies how community identity was achieved through Japanese internment, Mexican repatriation, Jewish exodus, and the Civil Rights Movement. The community displayed their capacity to overlook their racial and ethnic backgrounds by advocating for one another through shared experiences. Sánchez illustrates how the Zoot Suit Riots of 1943, Civil Rights Movement, East L.A. Walkouts, and Watts Riots developed a stronger sense of belonging among multiethnic communities. This would also prompt youth organization, making it a sanctuary for activism and support.

The emphasis shifts during the Post-War Era as Sánchez focuses on the systematic oppression of the people and their activism in response to those struggles. He explains that these communities held onto shared experiences that aided in their efforts to reform and protests in solidarity to one another. Sánchez touches on topics like Chicano educational inequality in the 1960s and the forced sterilization of women in the 1960s and 1970s. He follows these topics to understand the dynamics in which these multiethnic communities dealt with social reform collectively. Sánchez shows that the 1968 East L.A. Walkouts was not only a Mexican American issue, but other racial groups protested educational inequality as well.

This book capitalizes on a vast collection of sources, by utilizing various local and college archives, newspapers, government documents, and several dozen oral histories of firsthand accounts. The book makes great use of UCLA, USC, and Cal State LA archives. Sánchez highlights the history of barrios and how these multiethnic communities shared an identity which differs from how historians focused on the interactions between Anglos and other racial groups in an area rather than the communities themselves. This book asks us to revisit the way in which we look at these neighborhoods that have communal awareness of one another's struggle which was unorthodox throughout the twentieth century.

Joel Raygoza-Flores

Shaun Walker. *The Long Hangover: Putin's New Russia and the Ghosts of the Past.* Oxford: Oxford University Press, 2018. Pp. 278. Hardcover. $20.05.

The Long Hangover is an in-depth analysis of how the legacy of Soviet communism continues to shape the political and social landscape of Russia and its neighboring countries. Shaun Walker, a former Moscow correspondent for The Guardian, draws on extensive research to comprehensively analyze Russia's recent history. He argues that Russia's inability to come to terms with its past has contributed to leaving a deep scar on the Russian psyche. Putin's government has used nostalgia and the memory of the