

## Section One Braving Discomfort

Section Recommend Reading & Viewings

Books:

1. African Origin of Civilization by Cheikh Anta Diop
2. What They Never Taught You in History Class by Indus Kamit Kush
3. Nile Valley Contributions to Civilization by Anthony Browder
4. The Color of Law: A Forgotten History of How Our Government Segregated America by Richard Rothstein
5. Beyond the Usual Beating: The Jon Burge Police Torture Scandal and Social Movements for Police Accountability in Chicago by Andrew S. Bear

Films:

1. 13th (Film Netflix)
2. American Son
3. I'm Not Your Negro
4. Rosewood
5. Zootopia

Additional Items:

1. ***I'm sick and tired of Systematic Racism:***  
<https://www.tampabay.com/opinion/2020/06/04/im-sick-and-tired-of-systemic-racism-column/>
2. ***In 1956, the racist governor of Mississippi started a secretive commission to fight integration:*** <https://timeline.com/mississippi-state-sovereignty-commission-4450b7f056a3>
3. 1619: -  
<https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html>
4. **Get Comfortable with Being Uncomfortable:**  
[https://www.ted.com/talks/luvvie\\_ajayi\\_get\\_comfortable\\_with\\_being\\_uncomfortable?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/luvvie_ajayi_get_comfortable_with_being_uncomfortable?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)
5. [How the US Got its Police Force](#)
6. [Segregated by Design](#)

## Section Recommend Reading

1. **The Secret Life of Decisions: How Unconscious Bias Subverts Your Judgement** by Meena Thuraisingham
2. **Blindspot: Hidden Biases of Good People** by Mahzarin R. Banaji; Anthony G. Greenwald
3. **Race on the Brain: What Implicit Bias Gets Wrong About the Struggle for Racial Justice** by Jonathan Kahn

## Section Three - Deep Listening

Section Recommend Reading

1. Empathy: Why It Matters, and How to Get It by Roman Krznaric
2. The Lost Art of Listening: How Learning to Listen Can Improve Relationships by Michael Nichols
3. 5 Levels of Trust article - <https://seapointcenter.com/the-levels-of-trust/>

#### **Section Four: Proximity & Action**

##### Section Recommend Reading

1. The Art of Gathering by Priya Parker
2. [3 Questions White Students Should Ask Themselves Before Checking In On Black Classmates](#)
3. [For Our White Friends Desiring To Be Allies](#)
4. [In 1956, The Racist Governor of Mississippi Started a Secretive Commission to Fight Integration](#)
5. [Why We Need More Close Interracial Friendships \(And Why We're Bad At Them\)](#)
6. [Caring In The Workplace: Why Allyship Matters More Than Ever Now](#)
- 7.