

Mindful Listening: building a foundation for productive conversations around social and racial justice

Resources for ongoing study and learning

Movies

- 13th
- Just Mercy
- When They See Us

Books

- The Inner Work of Racial Justice – Rhonda Magee
- YOU Belong: A Call for Connection – Sebene Selassie
- Stamped: Racism, Antiracism, and YOU – Jason Reynolds and Ibram X. Kendi
- So, You Want to Talk About Race – Ijeoma Olu
- Waking Up White – Debby Irvin
- Say What You Mean: A Mindful Approach to Nonviolent Communication – Oren Jay Sofer
- People Skills: How to Assert Yourself, Listen to Others, and Resolve Conflicts – Robert Bolton
- The Person You Mean To Be: How Good People Fight Bias – Dolly Chugh
- The Warmth of Other Suns – Isabel Wilkerson
- Caste – Isabel Wilkerson

Podcast

- www.sceneonradio.org/seeing-white
- Code Switch an NPR podcast - <https://www.npr.org/2020/01/22/798367810/ask-code-switch-what-about-your-friends>
- <https://podcasts.apple.com/us/podcast/254-white-people-talking-about-whiteness-eleanor-hancock/id1087147821?i=1000477147995>
- 1619 -<https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>

Online learning

- www.whiteawake.org
- <https://hphc.jiveon.com/community/support-for-social-and-racial-issues>
- www.harvardpilgrim.org/mindfulness
- <https://hphc.jiveon.com/docs/DOC-81673-social-justice-and-mindfulness-resources-from-our-june-1-2020-discussion>
- www.tenpercenthappier.com
- www.mindful.com
- [Emmanuel Acho talks race with Matthew McConaughey](https://www.youtube.com/watch?v=PtBM2RkqckI)
<https://www.youtube.com/watch?v=PtBM2RkqckI>

- Uncomfortable conversations with a black man -
<https://www.youtube.com/watch?v=h8jUA7JBkF4>
- https://www.ted.com/talks/amanda_kemp_how_to_have_a_voice_and_lean_into_conversations_about_race
- <https://www.orenjaysofer.com/blog/allyship>