

Anti-Racism Resources

Popular Podcasts:

- *Unlocking Us* -Join researcher and #1 New York Times best-selling author Brené Brown as she unpacks and explores the ideas, stories, experiences, books, films, and music that reflect the universal experiences of being human, from the bravest moments to the most brokenhearted.
- *Oprah's SuperSoul Conversations*- Hear Oprah's personal selection of her interviews with thought-leaders, best-selling authors, spiritual luminaries, as well as health and wellness experts.
- *Pod Save the People*- Activist DeRay McKesson provides insight into social justice, politics and activism.
- *The Nod*- Learn about Black history that you might've missed in school.
- *Code Switch*- Host breaks down race and identity and its impact on the world.
- *Happier with Gretchen Rubin*- If you need a little motivation to practice good habits that lead to a happier life, give this podcast a listen.
- *Good Life Project*- If you want something soulful.
- *Still Processing*- A *New York Times* culture podcast with Jenna Wortham and Wesley Morrison.
- *The Breakdown*- Episode: "[Knowing How It's Built so We Can Tear It Down](#)" (16 minutes long).
- *Latinos who Launch*- Host discusses race, gender and class issues in the Latinx community.
- *Long Distance*- this documentary podcast series highlights the Filipino voice.
- *All My Relations*- Hosts discuss issues Native people are facing while sharing personal experiences with regards to relationships, culture and identity.
- *Invisibilia*- Podcast deconstructs human behavior, beliefs and assumptions, each episode combines storytelling and science on topics of race, relationships and many more.

Books that Explore Race and Social Justice:

- *The Bluest Eye* by Toni Morrison
- *White Fragility* by Robin DiAngelo
- *Fatal Invention* by Dorothy Roberts
- *They Can't Kill Us All* by Wesley Lowery
- *Locking Up Our Own* by James Forman
- *The New Jim Crow* by Michelle Alexander
- *The Wretched of the Earth* by Frantz Fanon
- *So you want to talk about Race* by Ijeoma Oluo
- *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson
- *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson
- *A beautiful Struggle: A Memoir* by Ta-Nehisi Coates
- *Their Eyes Were Watching God* by Zora Neale Hurston

Songs that take a Stand for Equality and Happiness for all:

- Same Love – Macklemore & Ryan Lewis
- Where Is The Love? – The Black Eyed Peas
- One Love – Bob Marley
- All You Need Is Love – The Beatles
- Imagine – John Lennon
- Beautiful – Christina Aguilera
- The Power Of Equality – Red Hot Chile Peppers
- Greatest Love Of All – Whitney Houston
- With God on Our Side - Bob Dylan

Movies That Explore Race and Social Justice:

- Maya Angelou: And Still I Rise (2016)
- When They See Us (2019)
- Just Mercy (2019)
- Did You Wonder Who Fired the Gun? (2017)
- Loving (2016)
- Selma (2014)
- Hidden Figures (2016)
- Remember the Titans (2000)

Some find it Helpful to Donate to Agencies:

- [Resource Guide](#)

For Parents with Children and Teens:

- [Greater Good](#)- magazine turns scientific research into stories, tips, and tools for a happier life and a more compassionate society.
- [30 + Books to Educate Kids and Teens About Race](#)
- [Embrace Race](#) – a list of children’s books, eBooks, and more.

Other Resources:

- www.mylifematters.com (Employee Assistance Program)