

Political Civility: Suggested Reading and Resources

[Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone](#) by Brene' Brown

"A timely and important book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture..." –The New York Times Book Review

[Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit](#) by Parker J. Palmer

"Healing the Heart of Democracy called "one of the most important books of the early 21st Century" for those who care about democracy. (Democracy & Education)" –Amazon review

[Inclusive Conversations: Fostering Equity, Empathy, and Belonging across Differences](#) by Mary-Frances Winters

This is a comprehensive guide for organizations that want to break down the barriers that separate us and facilitate discussions on potentially polarizing topics, including how to build trust and create psychologically safe spaces for dialogue.

[Mastering Civility: A Manifesto for the Workplace](#) by Christine Porath

"Incivility is silently chipping away at people, organizations, and our economy. Sights, insensitivities, and rude behaviors can cut deeply and hijack focus. Even if people want to perform well, they can't. Ultimately incivility cuts the bottom line. In [this book], Christine Porath shows how people can enhance their influence and effectiveness with civility" –Amazon review

[The Righteous Mind: Why Good People are Divided by Politics and Religion](#) by Jonathan Haidt

"Drawing on his twenty-five years of groundbreaking research on moral psychology, Haidt shows how moral judgments arise not from reason but from gut feelings. He shows why liberals, conservatives, and libertarians have such different intuitions about right and wrong, and he shows why each side is actually right about many of its central concerns." –NYT Book Review

[We Can't Talk about That at Work: How to Talk about Race, Religion, Politics, and Other Polarizing Topics](#) by Mary-Frances Winters

"Politics, religion, race - we can't talk about topics like these at work, right? But in fact, these conversations are happening all the time, either in real life or virtually via social media. And if they aren't handled effectively, they can become more polarizing and divisive, impacting productivity, engagement, retention, teamwork, and even employees' sense of safety in the workplace. But you can turn that around and address difficult topics in a way that brings people together instead of driving them apart." –Amazon review

[The Greater Good Science Center at the University of California, Berkeley](#)

GGSC provides a variety of articles, including those related to dealing with the stress of elections and politics. If you're feeling the stress of the current political climate, click below:

- [Eight Questions That Can Help You Survive Election Stress](#)
- [Election 2024: Campaign for Connection](#)
- [Seven Tips for Talking With Kids About Politics](#)

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