

# HELP STOP HATE

## MY HATE-PREVENTION READING LIST

This is not a conclusive list of anti-hate or hate prevention books, but the list of some of the books I've read and enjoyed since I joined the CDHC in 2023. This list doesn't include fiction, but I read more fiction than non; it's like a magic carpet to empathy. Share your recommendations with us at [idhr.cdhc@Illinois.gov](mailto:idhr.cdhc@Illinois.gov).

Elana Kahn, Executive Director of the IL Commission on Discrimination and Hate Crimes

### **Tattoos on the Heart: The Power of Boundless Compassion**, by Gregory Boyle

*Written by the Catholic priest who works with gang members in Los Angeles, this book was both grounding and uplifting. I'm not Catholic, but I was moved by how he applies radical compassion and unconditional love to our real, complicated, and sometimes painful world.*

### **The Age of Grievance**, by Frank Bruni

*Well researched and well written, this book provides a frame through which to view this moment of conflict, identity politics, and high conflict. Bruni highlights the absurd, dangerous, and pervasive ways that grievance has taken hold of our public discourse. As Jonathan Haidt said of this book, "This is a wise and humane book for our foolish and cruel era."*

### **Belonging: The Science of Creating Connection and Bridging Divides**, by Geoffrey L. Cohen

*This is a deep dive into the importance of belonging and how each of us can cultivate situations that foster belonging. It has won multiple awards and includes a reading guide. To me, belonging lies at the center of individual and community wellness and therefore is central to any public safety strategy.*

### **Well: What We Need to Talk About When We Talk About Health** by Sandro Galea

*I loved this very readable and wise explanation of health as distinct from medical care and as part of a set of systemic and social factors. Dr. Galea is the dean of Boston University's School for Public Health. I consulted with him soon after joining the CDHC and was moved and inspired by his depth of thought and generous thought leadership. Check out his TEDMed talk at <https://www.tedmed.com/talk/how-health-is-threatened-by-hate>*

### **The Righteous Mind: Why Good People are Divided by Politics and Religion**, by Jonathan Haidt

*Any of us who want to better understand people across the political divide **must** read this book. Through research, he digs beneath our polarized discourse to better understand the values at play, and therefore how we can transcend our differences and work better together.*

### **Palaces for the People: How Social Infrastructure Can Help Fight Inequality, Polarization, and the Decline of Civic Life**, by Eric Klinenberg

*As I continue to learn, I see the direct connection between hate prevention, social cohesion and belonging, and finally, individual and communal wellbeing. With solid research, abundant storytelling, and clear writing, Klinenberg (an Illinois native) makes a strong argument for investing in social infrastructure in a variety of ways. Spoiler: The "palaces" are libraries!*

### **America's Peacemakers: The Community Relations Service and Civil Rights**, by Bertram Levine & Grande Lum

*I have used this book as a reference rather than a linear read, but one could certainly read it from front to back. It's about the work of the Community Relations Service, an important federal agency founded in 1964 to cool community tensions, counter intolerance, and prevent violence. It's a master class in effective peacemaking.*

Help Stop Hate provides meaningful, confidential support for people and communities affected by hate. It is a project of the Illinois Commission on Discrimination and Hate Crimes, Illinois Department of Human Rights.

Report hate at [StopHate.Illinois.gov](http://StopHate.Illinois.gov) or 877 458 HATE (4283)