



## **Are We Born Racist?: New Insights from Neuroscience and Positive Psychology**

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## **Are We Born Racist?: New Insights from Neuroscience and Positive Psychology**

Where do our prejudices come from? Why are some people more biased than others? Is it possible for individuals, and society as a whole, to truly defeat prejudice? In these pages, leading scientists, psychologists, educators, activists, and many others offer answers, drawing from new scientific discoveries that shed light on why and how our brains form prejudices, how racism hurts our health, steps we can take to mitigate prejudiced instincts, and what a post-prejudice society might actually look like.

Bringing a diverse range of disciplines into conversation for the first time, *Are We Born Racist?* offers a straightforward overview of the new science of prejudice, and showcases the abundant practical, research-based steps that can be taken in all areas of our lives to overcome prejudice.

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