

RESOURCES FROM THE CHAT

Websites

<http://www.findingsteadyground.com/>

<https://unitedwedream.org/>

<https://unitedwedream.org/toolbox/>

Ted Talks

https://www.ted.com/talks/elizabeth_lesser_take_the_other_to_lunch

https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy

See also: <http://www.danielgilbert.com/>

Articles

<https://opinionator.blogs.nytimes.com/2016/03/15/why-therapists-should-talk-politics/>

<https://www.nytimes.com/2016/10/20/well/mind/talking-to-your-therapist-about-election-anxiety.html>

Books

["The Warmth of Other Suns"](#) by Isabel Wilkerson

[Hillbilly Elegy](#) by JD Vance

["Strangers in Their Own Land"](#) by Arlie Hochschild