



# Deep Diversity: Overcoming Us vs. Them

*Shakil Choudhury*

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What if our interactions with those different from us are strongly influenced by things happening below the radar of awareness, hidden even from ourselves? *Deep Diversity* explores this question and argues that “us vs. them” is an unfortunate but normal part of the human experience due to reasons of both nature and nurture.

To really work through issues of racial difference and foster greater levels of fairness and inclusion, argues Shakil Choudhury, requires an understanding of the human mind—its conscious and unconscious dimensions. *Deep Diversity* integrates Choudhury’s twenty years of experience with interviews with researchers in social neuroscience, implicit bias, psychology, and mindfulness. Using a compassionate but challenging approach, Choudhury helps readers identify their own bias and offers practical ways to break the “prejudice habits” we have all learned, in order to tackle systemic discrimination.

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