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ATTENTION: Assignment Editor

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Overcoming discrimination requires we understand nature and nurture origins of “Us vs Them” mindset; new approach needed to promote “Deep Diversity” says author.

TORONTO – To really work through issues of racial difference and foster greater levels of fairness and inclusion in society, we must understand the human mind including its conscious and unconscious dimensions says Shakil Choudhury in his new book *Deep Diversity: Overcoming Us vs Them* (Between the Lines books). *Deep Diversity* argues that “us vs. them” is an unfortunate but normal part of the human experience due to reasons of both nature and nurture.

Choudhury said "This book is a culmination of twenty years of my experience teaching and learning from thousands of people across four continents, one emotional burnout in my early thirties, and a childhood in small town Canada pretending I was white. The *Deep Diversity* approach seeks to reframe the debate regarding racism and systemic discrimination in a practical, scientific and compassionate manner."

Deep Diversity integrates Choudhury’s years of education experience with interviews with researchers in social neuroscience, implicit bias, psychology, and mindfulness. Using a thoughtful but challenging approach, Choudhury helps readers identify their own bias and offers practical ways to break the “prejudice habits” we have all learned.

Author events include a book launch in Toronto, October 5th, 5:30 pm, CSI Annex, 720 Bathurst Street and in Vancouver, October 20th, 5:30 pm, UBC Robson Square, 800 Robson Street. Both events are free and open to the public.

Shakil Choudhury is an award-winning educator and consultant who has worked with thousands of leaders across four continents on issues of diversity, equity, and inclusion. He is co-founder of Anima Leadership and lives in Toronto, where his children are teaching him about fatherhood.

Since 1977 **Between the Lines books** has published books that embrace critical perspectives on culture, economics, and society.

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