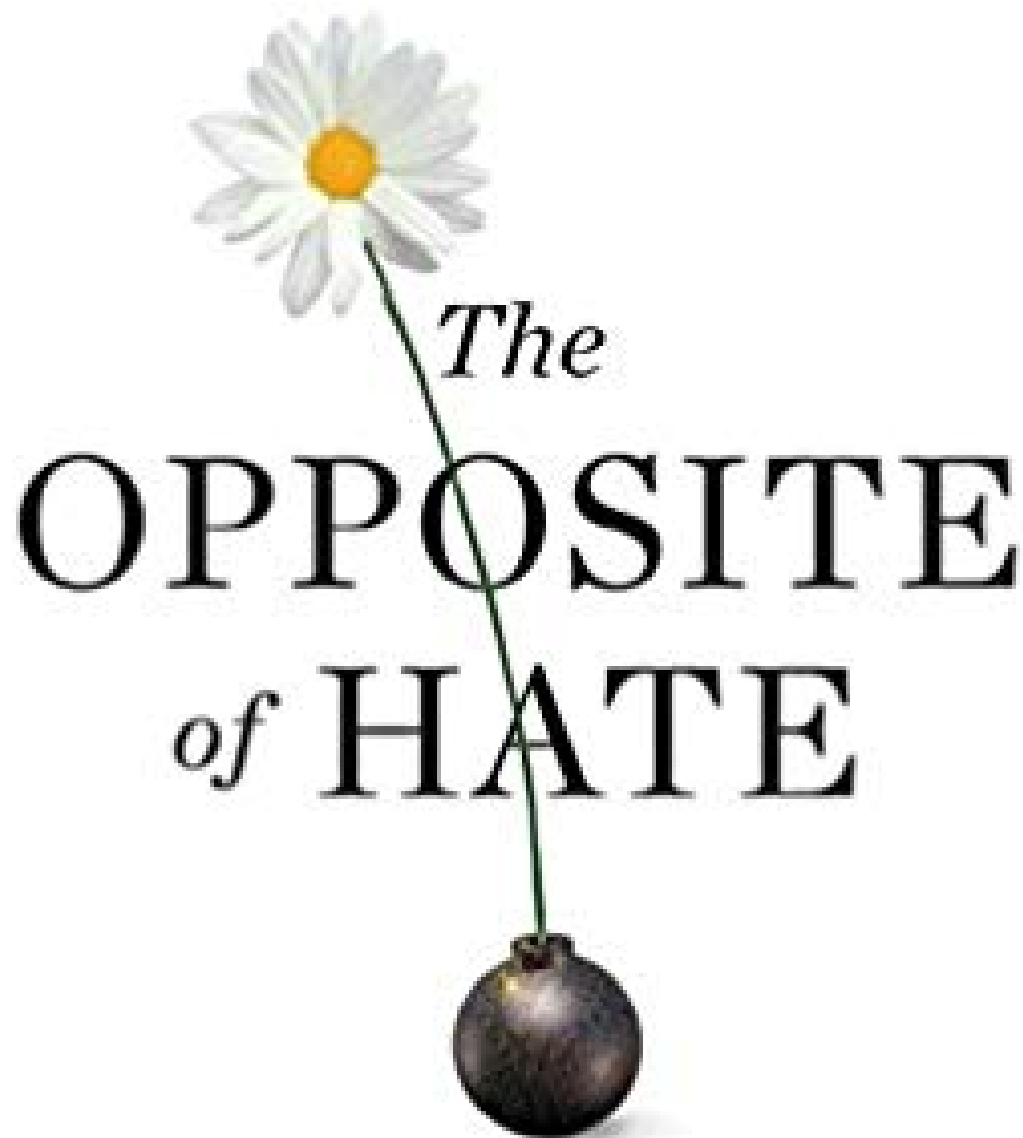


"A stunning debut by a truly gifted writer—an eye-opening read for both liberals and conservatives—and it could not come at a better time."

—ADAM GRANT, *New York Times* bestselling author of *OPTION B*, with Sheryl Sandberg



A Field Guide to Repairing Our Humanity

Sally Kohn

Sally Kohn

The Opposite of Hate: A Field Guide to Repairing Our Humanity



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A spectacular debut by a truly gifted article writer—"an eye-opening browse for both liberals and conservatives—and it might not come at a better time. Adam Grant, Kohn finds herself attempting to breathe fire at her enemies. The contrary of hate is the beautiful and powerful reality of how we are all fundamentally linked and equal as humans. Option B, with Sheryl Sandberg What is the opposite of hate? As a progressive commentator on Fox Information and now CNN, Sally Kohn offers made a career out of bridging intractable political variations and learning how exactly to talk respectfully with people whose views she disagrees with passionately. Her viral TED Talk on the necessity to practice psychological— correctness sparked a new method of considering how often we amplify our differences and diminish our connections. "nice"NY Times It was time, she decided, to check out the epidemic of hate all over and find out how we can stop it. In THE CONTRARY of Hate, Kohn talks to leading scientists and experts and investigates the evolutionary and cultural roots of hate and how incivility could be a gateway to much worse. She travels to Rwanda, the Middle East, and over the USA, introducing us to former terrorists and white supremacists, and also some of her very own Twitter trolls, drawing surprising lessons from dramatic and inspiring tales of those who remaining hate behind. bestselling author of The opposite of hate is connection. But these days actually famously " Sally Kohn's engaging, fascinating, and often funny book can open your eyes and your heart. "rather than political— As Kohn confronts her own shameful moments, whether it was when she bullied a classmate or today when she harbors deep partisan resentment, she discovers, " —



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This conservative loved it! I am a political conservative article writer and have followed Sally for a long period. to return to a period when people with different beliefs worked collectively for the nice of all. That's rare in political discourse and should be welcomed and valued. It's there before you and it's up to every single one of us. Sally includes a talent for bringing emotion to her stories and connecting them to her viewpoint and her argument. "What I've learned is usually that all hate is usually premised on a mind-arranged of otherizing. Her story of a Palestinian guy who lost his daughter to meaningless violence was moving and challenging. She makes black and white topics much less clear-slice and I appreciate that. I came across this book a challenge to my own feeling of entitlement to hate people, a right I was raised to believe was inalienable. I really do not agree with the basis of her reasoning, but I understand what she actually is telling me holds true. It is a unique encounter. Sally tries valiantly to include a diverse group of examples spanning the number of political ideologies in order to provide a balanced view." Though I do feel Kohn proceeded to go slightly off the rails posting examples in the reserve and over-explained many scientific research projects on the subject, her message is none-the-less important and very timely. It has to stop. This book is worth a read. Even though you do not agree with her at all on whatever you will value her insight and her personal tales. We really only have to keep this one part of mind; Eye-opening and relatable After a stress filled political season, this book has helped to calm me and to stop seeing my family and friends of the other political party in wholly a negative light. I appreciate her writing this and I hope it inspires more debate and interaction. A wise browse for people who want to build bridges, not walls This book made me realize that our political divide isn't what's tearing us apart so much as our metastasizing personal dislike toward individuals who don't agree with our views. You don't have to agree with everyone, or quit your particular beliefs or sights, you don't have even to like everyone. May't I Still Hate SOME INDIVIDUALS? Um, No. No matter what your political perspective, you must admit the world would be a better place for everybody if we didn't hate one another so much. Very Important Go through! Although her ideas depend on a knowledge and acceptance of specific progressive ideas on the nature of humanity and the results of history, a conservative reader is given unique access into how progressives view things minus the voice being combative or lecturing. We have been not born to get this done; Read this book Engaging, grounding, hopeful, encouraging. This reserve couldn't be more timely. There is a way forward from the anger, bitterness, and division we've found ourselves in. "We need to meet up with the people we hate and find out their stories, which means supporting organizations and guidelines that foster connection-areas, and also creating our very own.." Consider this. This book might help, if you are willing to be less of a hater yourself. Ideal for Teachers Too! And incidentally, hate can be a four-letter word, worlds away from another four-letter word: love. Most of us. Which means me, and unfortunately it also includes you. You? to judge and hate others. We are trained to hate by the globe around us. The Opposite of Hate A Field Guidebook to Repairing Our Humanity By Sally Kohn Reviewed by Jay Gilbertson We all hate. Hate divided the country during the Civil Battle and, a century later, spawned protest motions and backlash actions, with activists vying over problems of justice and individual rights. If you're unfamiliar with Ted Talks, you should be. Hate has always been a fascination to me, how bullies can form from actually the nicest seeming individuals and what's the motivating factor that allows us to hate others? How this powerful emotion can blind us into selecting sides and spewing hate. I do not feel she episodes the Right just as much as she tried her better to understand us. "In various ways and to different degrees, consciously or unconsciously, most of us, in one way or another, occasionally treat other people and entire groups of human beings as though they are fundamentally much less deserving than we are.

Although I think there could have been more space for internal-home cleaning within the present day progressive movement, I appreciate her attempts even so. This abets rationalization and searching the other way about widespread injustices, such as dismissing entire communities that don't get access to health care, of entire countries locked in civil battle because they fall outside the sphere of our moral concern. Everyone did this to some extent. Author Kohn first came to my interest when her Ted Chat landed in my own in-box. And Americans aren't alone in this legacy..." To understand how culture can justify hate isn't that difficult. In the event that you don't possess the capacity to assume yourself as black, Muslim, gay or whatever you are not, you can justify hate. "The USA was founded on hate—the hatred that justified colonial annihilation of American Indians and that perpetuated the enslavement of Africans. Most of us think we have it worse, gives us permission to marginalize others by bullying, disregarding completely or simply not seeing our similarities. You name it, we look for a reason and we slather on the hate. :) Good read Great continue reading finding common ground across varying beliefs. them is certainly pretty basic. This book is a great expression of this characteristic.. Getting outside ourselves, breaking through the physical and mental walls of our own narratives and viewpoints." The bottom line; Don't waste your time That was a waste materials of period. She presented a way of considering the world I found myself considering in even more depth than I normally would. The sanctimonious pedestal of superiority on which we all put ourselves while we systematically dehumanize others may be the essential root of hate. In big and little ways, consciously and unconsciously, we constantly filter the world around us through the zoom lens of our explicit and implicit biases. I will caution you, as in the following quotation, Kohn can be quite harsh in her observations of our nation's past, but don't let that stop you from hearing her bigger message." There is a crisis of hate surging through the united states and the globe and we need to see it. Leo Tolstoy wrote, "Everyone thinks of changing the globe, but no-one thinks of changing himself. and it starts with me (and you also). This book provides led me to solve to be more compassionate and understanding toward my fellow residents and to seek to understand, instead of to judge, vilify, or belittle. In fact, the contrary of hate is indeed much easier to do and become and teach and experience and share. In terms of wanting to bridge the gap between political ideologies, I think this is a fantastic attempt. we are all basically connected and equivalent as human beings. The contrary of hate is certainly—connection. helpful very readable dive into investigating hate and its own antidotes. Read it. Sally's well crafted and thoughtful investigation into hate, and how exactly to develop and nurture compassion and empathy in its place is crucial read. Come for the message, stay for the heart, smarts, and humor. Trash Not a big fan of the sneaky insults towards opposing political parties. Also, the fact that Silly didn't review her sources and fact check her research is definitely a disappointment. In a uncommon case, both sides can benefit from this book I believe. Which is good, because I'm married to one. The solution to changing this behavior folks vs. Should be required reading for anybody who wants to maintain politics. Having the ability to practice emotional correctness we can engage in discussions which could allow the U.S. Although I've spent most of that point highly opposing her worldview, I've found her to be an insightful and kind specific open to discussion. TED speaker writes a book meant for our current political climate. How to talk to Trump Supporters Very good ! It was okay There was some good information on historical instances of hate but I felt the book was lacking in being a help on how best to get to the opposite of hate. it's nearly impossible to hate anyone up close, in person, face-to-face.. Don't bother Horrible read dont waste your time or money.



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