



Overcoming Bias: Building Authentic Relationships across Differences

Tiffany Jana, Matthew Freeman

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Control, Conquer, and Prevail!

Everybody's biased. The truth is, we all harbor unconscious assumptions that can get in the way of our good intentions and keep us from building authentic relationships with people different from ourselves. Tiffany Jana and Matthew Freeman use vivid stories and fun (yes, fun!) exercises and activities to help us reflect on our personal experiences and uncover how our hidden biases are formed. By becoming more self-aware, we can control knee-jerk reactions, conquer fears of the unknown, and prevail over closed-mindedness. In the end, Jana and Freeman's central message is that you are *not* the problem—but you can be the solution.

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