

The Person You Mean to Be: How Good People Fight Bias

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Summary:

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Foreword by Laszlo Bock, the bestselling author of *Work Rules!* and former Senior Vice President of People Operations at Google

An inspiring guide from Dolly Chugh, an award-winning social psychologist at the New York University Stern School of Business, on how to confront difficult issues including sexism, racism, inequality, and injustice so that you can make the world (and yourself) better.

Many of us believe in equality, diversity, and inclusion. But how do we stand up for those values in our turbulent world? *The Person You Mean to Be* is the smart, "semi-bold" person's guide to fighting for what you believe in.

Dolly reveals the surprising causes of inequality, grounded in the "psychology of good people". Using her research findings in unconscious bias as well as work across psychology, sociology, economics, political science, and other disciplines, she offers practical tools to respectfully and effectively talk politics with family, to be a better colleague to people who don't look like you, and to avoid being a well-intentioned barrier to equality. Being the person we mean to be starts with a look at ourselves.

She argues that the only way to be on the right side of history is to be a good-ish person rather than good person. Good-ish people are always growing. Second, she helps you find your "ordinary privilege" the part of your everyday identity you take for granted, such as race for a white person, sexual orientation for a straight person, gender for a man, or education for a college graduate. This part of your identity may bring blind spots, but it is your best tool for influencing change. Third, Dolly introduces the psychological reasons that make it hard for us to see the bias in and around us. She leads you from willful ignorance to willful awareness.

Finally, she guides you on how, when, and whom, to engage (and not engage) in your workplaces, homes, and communities. Her science-based approach is a method any of us can put to use in all parts of our life.

Whether you are a long-time activist or new to the fight, you can start from where you are. Through the compelling stories Dolly shares and the surprising science she reports, Dolly guides each of us closer to being the person we mean to be.

What Kind Of Person Are You Actually? - BuzzFeed In the 1970s, Gary Gyax sat down to figure out a system that would categorize the moral composition of every possible person. Love The Person You're With | Life-changing insights from ... The best NDE stories and quotes from 40-plus years of research. 60 chapters. 38

Experiencers. 8 Researchers. All lovingly packed into a small, beautifully designed book. 3 Ways to Be the Person You Always Wanted to Be - wikiHow However, you must take stock of any attributes or habits you have that do not reflect the person you want to be. This may even require speaking to a few loved ones and asking them if they notice any unhelpful attributes that may be holding you back.

The Only Person You Should Try To Be Better Than Is The ... When you feel yourself hesitate before doing something that you know you should do, count 5-4-3-2-1-GO and move towards action. There is a window that exists between the moment you have an instinct to change and your mind killing it. How To Become The Person You Were Meant To Be People are desperate for what you have to offer, and you're the only person standing in your way. Once you get really clear on exactly what you have to offer and how much it's worth, it will influence everything from how successful you allow yourself to be, to how much you charge, to how you value your time. The secret to great opportunities? The person you haven't ... We often find ourselves stuck in narrow social circles with similar people. What habits confine us, and how can we break them? Organizational psychologist Tanya Menon considers how we can be more intentional about expanding our social universes -- and how it can lead to new ideas and opportunities.

The Terrible Pain You Feel When The Person You Love Loves ... But you'll know you're a different person than you were an hour ago. You'll no longer feel or look at the world in the same way. You'll stop pursuing the same things. Grammatical person - Wikipedia Grammatical person, in linguistics, is the grammatical distinction between deictic references to participant(s) in an event; typically the distinction is between the speaker (first person), the addressee (second person), and others (third person).

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the person you are calling cannot accept
the person you become
the person you are trying to reach message
the person you admire
the person you attract
the person you mean to be by dolly chugh
the person you are calling is not accepting
the person you are scheduling on behalf of