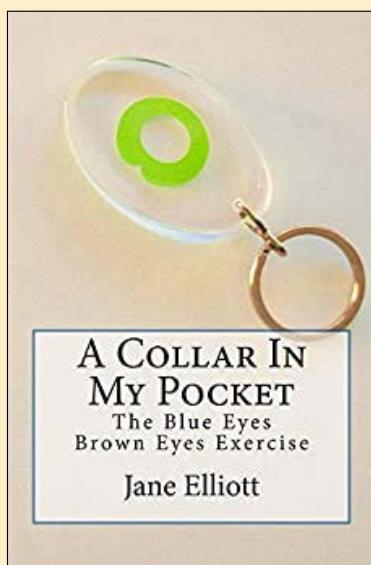


Fall 2021 CERRITOS COLLEGE READS

Cerritos College Read Book Club #1



A Collar in My Pocket

by Jane Elliott

Facilitator: Martha Robles | mrobles@cerritos.edu

Zoom Link: [Join Meeting](#) | **Meeting ID:** 931 5375 1328

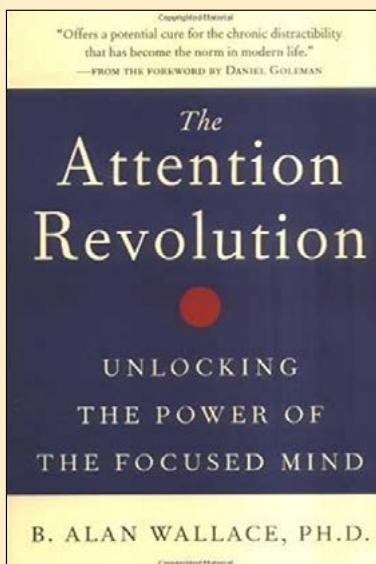
Book Overview: "In response to the assassination of Martin Luther King, Jr. in 1968, Jane Elliott divided the controversial and startling, "Blue Eyes/Brown Eyes" Exercise in Discrimination. This, now famous, exercise labels participants as inferior or superior based solely upon the color of their eyes and exposes them to the experience of being a minority. Everyone who is exposed to Jane Elliott's work, be it through a lecture, workshop, or video, is dramatically affected by it."

Dates/Times: Fridays from 2 - 3 p.m.

- 9/3 Introductions
- 10/1 Discuss pages 1-80
- 11/5 Discuss pages 81-161
- 12/3 Discuss 161-236



Cerritos College Read Book Club #2



The Attention Revolution

by B. Alan Wallace Ph.D.

Facilitator: Kristine Aslanyan | kaslanyan@cerritos.edu

Zoom Link: [Join Meeting](#) | **Meeting ID:** 910 5654 7820

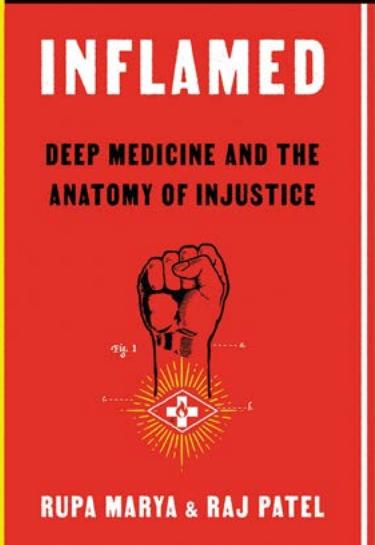
Book Blurb: "Attention is the key that makes personal change possible, and the good news is that it can be trained. Let's explore the techniques together! Beginning by pointing out the ill effects that follow from our inability to focus, Wallace moves on to explore a systematic path of meditation to deepen our capacity for deep concentration. The result is an exciting, rewarding "expedition of the mind," tracing everything from the confusion at the bottom of the trail to the extraordinary clarity and power that come with making it to the top."

Dates/Times: Fridays: 2 p.m. - 3 p.m.

- 9/17: Introductions
- 10/15: Meeting page 3-86
- 11/19: Meeting pages 95-162
- 12/10: Meeting pages 169-232



Cerritos College Read Book Club #3



Inflamed: Deep Medicine and the Anatomy of Injustice

by Rupa Marya & Raj Patel

Facilitator: Ted Stolze | tstolze@cerritos.edu

Zoom Link: [Join Meeting](#) | **Meeting ID:** 760 129 2090 | **Passcode:** 758978

Book Overview: "Raj Patel, the New York Times bestselling author of The Value of Nothing, teams up with physician, activist, and co-founder of the Do No Harm Coalition Rupa Marya to reveal the links between health and structural injustices—and to offer a new deep medicine that can heal our bodies and our world."

Dates/Times: Fridays from 7 p.m. - 9 p.m.

- 9/10: Intro & Books
- 10/8: pp. 3-109
- 11/12: pp. 111-266
- 12/10: pp. 267-352



Cerritos College Reads is sponsored by Associated Students of Cerritos College and Diversity Fosters Growth

- **Who is this for?**

Students, faculty, staff, and managers. What to Expect: an open and safe space for you to discuss, reflect and share your thoughts and opinions. Additionally, faculty will have the opportunity to design course activities & assignments.

- **Flex credit offered**

- **How to Participate:** If you are interested in joining a club, please use the Zoom links provided below. Stop by the 1st zoom meeting to get your FREE book and find out more!



If disability accommodations are needed to participate fully in this event, please submit a request to accommodationsrequest@cerritos.edu

For Questions, contact Kristine P. Aslanyan; MS, EOPS Counselor at kaslanyan@cerritos.edu

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