

In order to help rewire ourselves from all of the stereotypes and myths that have proliferated our brains, watching movies and documentaries on various types of people that portray them in a positive light can be a great help, and an entertaining way to do it. Actually, today, I have a whole list of documentaries and movies I recommend to my clients who I am coaching, which includes:

## **MOVIES**

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*Amistad*

*The Autobiography of Miss Jane Pittman*

*Black Klansman*

*Gandhi*

*The Green Book*

*Gentlemen's Agreement*

*The Hate U Give*

*Hidden Figures*

*Malcolm X*

*Mississippi Burning*

*Race (Jesse Owens)*

*Remember The Titan*

*Rosewood*

*Schindler's List*

*To Kill A Mockingbird*

**AMAZON PRIME**

*The 1960s*

*MANKIND: The Story of All of Us*

*The Eugenics Crusade*

*MISTER ROGERS: Won't You Be My Neighbor?*

*Women Who Made History*

*United Shades of America: W. Kamau Bell*

**PBS**

*AMERICA: The Story of Us*

*AMERICAN EXPERIENCE: The Chinese Exclusion Act*

*Documenting Hate: New American Nazis*

*The Central Park Five*

*Eyes On The Prize*

*GI Jews*

*The Jewish Journey: America*

*I Am Not Your Negro*

*The Italian Americans*

*Ken Burns: Baseball*

*Ken Burns: Jackie Robinson*

*Ken Burns: The West*

*Ken Burns: Jazz*

*Mr. Civil Rights*

*Native America*

*The Story of India*

*The Story of the Jews*

*The Story of Us*

*Slavery And The Making Of America*

*Slavery By Another Name*

*Unforgiveable Blackness*

*We Shall Remain*

**NETFLIX**

*Why We Hate*