

# Additional Resources for the Theme of Courage

## Books

**Originals: How Nonconformists Move the World**

*By Adam Grant*

[https://www.amazon.com/gp/product/014312885X/ref=as\\_li\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=014312885X&linkCode=as2&tag=inccom05-20&linkId=5890e336cd984813de00e0537b68a156](https://www.amazon.com/gp/product/014312885X/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=014312885X&linkCode=as2&tag=inccom05-20&linkId=5890e336cd984813de00e0537b68a156)

The courage of nonconformity!

**Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead**

*by Brené Brown*

**Dancing With Dementia**

*by Christine Bryden*

[https://www.amazon.com/gp/product/184310332X/ref=as\\_li\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=184310332X&linkCode=as2&tag=inccom05-20&linkId=27392cf4a9eb1e0ff5927c850fef8b9a](https://www.amazon.com/gp/product/184310332X/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=184310332X&linkCode=as2&tag=inccom05-20&linkId=27392cf4a9eb1e0ff5927c850fef8b9a)

Recommended by neuroscientist and author [Lisa Genova](#).

After receiving a diagnosis of dementia at 48, a woman goes on to live courageously and meaningfully with early onset dementia.

**To Wake, To Rise: Meditations on Justice and Resilience**

*Edited by William G. Sinkford*

<http://www.uuabookstore.org/To-Wake-To-Rise-P18187.aspx>

An anthology of 29 poems, prayers, and reflections about resisting oppression and keeping courage in a new era of political and social division.

**Out Stealing Horses**

*by Per Petterson*

“In this quiet but compelling novel, Trond Sander, a widower nearing seventy, moves to a bare house in remote eastern Norway, seeking the escape of a quiet life of contemplation. But a chance encounter with a neighbor—the brother, as it happens, of his childhood friend Jon—causes him to ruminate on the summer of 1948, the last he spent with his adored father, who abandoned the family soon afterward. Trond’s recollections center on a single afternoon, when he and Jon set out to take some horses from a nearby farm; what began as an exhilarating adventure ended abruptly and traumatically in an act of unexpected cruelty. The memories lead to a courageous effort to reconcile with the past, with Trond asking himself Dicken’s famous line in *David Copperfield*, ‘Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show.’ ”

## Movies and Television

**Spotlight**

[https://www.rottentomatoes.com/m/spotlight\\_2015](https://www.rottentomatoes.com/m/spotlight_2015)

“The riveting [and courageous] true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. When the newspaper's tenacious "Spotlight" team of reporters delves into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations around the world.”

### **They Will Have to Kill Us First**

[https://www.rottentomatoes.com/m/they\\_will\\_have\\_to\\_kill\\_us\\_first](https://www.rottentomatoes.com/m/they_will_have_to_kill_us_first)

<http://www.spiritualityandpractice.com/films/reviews/view/28116/they-will-have-to-kill-us-first>

A documentary celebrating the courageous and creative use of music as a form of resistance. Set in Mali where jihadists have banned all music-making.

### **In This World**

[https://www.rottentomatoes.com/m/in\\_this\\_world](https://www.rottentomatoes.com/m/in_this_world)

<https://www.youtube.com/watch?v=iirGjM3T5QI>

Revealing, studied window into people migration from Pakistan to the UK. Inspiring courage and humbling sacrifice at every turn gets you rooting for the leads and challenges you to question your views on immigration.

### **For the Bible Tells Me So**

[https://www.rottentomatoes.com/m/for\\_the\\_bible\\_tells\\_me\\_so](https://www.rottentomatoes.com/m/for_the_bible_tells_me_so)

“Grounded by the stories of five conservative Christian families, the film explores how the religious right has used its interpretation of the Bible to support its agenda of stigmatizing the gay community and eroding the separation between church and state.”

### **A Jihad for Love**

[https://www.rottentomatoes.com/m/a\\_jihad\\_for\\_love/](https://www.rottentomatoes.com/m/a_jihad_for_love/)

“Filmmaker Parvez Sharma travels into the secretive world of homosexuality within the Islamic faith. He interviews those who try to reconcile their faith with the ban on gays and lesbians, attempting to walk a fine line between persecution and honesty.”

### **Moonlight**

[https://www.rottentomatoes.com/m/moonlight\\_2016](https://www.rottentomatoes.com/m/moonlight_2016)

“The tender, heartbreaking story of a young man's courageous struggle to find himself, told across three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love, while grappling with his own sexuality in an oppressive suffocating culture.”

### **13th**

<https://www.rottentomatoes.com/m/13th>

The courage to confront our legacy of racism. “The title of Ava DuVernay's extraordinary and galvanizing documentary refers to the 13th Amendment to the Constitution, which reads “Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States.” The progression from that second qualifying clause to the horrors of mass criminalization and the sprawling American prison industry is laid out by DuVernay with bracing lucidity.”

### **Tomboy**

[https://www.rottentomatoes.com/m/tomboy\\_2011](https://www.rottentomatoes.com/m/tomboy_2011)

“A French family with two daughters, 10-year-old Laure and 6-year-old Jeanne, moves to a new neighborhood during the summer holidays. With her Jean Seberg haircut and tomboy ways, Laure is immediately mistaken for a boy by the local kids and passes herself off as Michael. This is a relationship movie: relationships between children, and the even more complicated one between one's heart and body.”

### **Shut up and Sing**

[http://www.rottentomatoes.com/m/shut\\_up\\_and\\_sing/](http://www.rottentomatoes.com/m/shut_up_and_sing/)

In the early 2000's, it seemed the Dixie Chicks could do no wrong. Their concert tours were consistent sellouts, making them the most commercially successful female group in the history of the recording industry. However, things took an unexpected turn as the Dixie Chicks spoke out against the U.S. invasion of Iraq which resulted in a death threat and dozens of others personal attacks by fans. The rest of the story involves being pulled into the courage to stand up for what believe--even when the cost is great.

[http://www.rottentomatoes.com/m/shut\\_up\\_and\\_sing/](http://www.rottentomatoes.com/m/shut_up_and_sing/)