Our first book is Everyday Bias by Howard J. Ross, which explores the science behind the unconscious bias that influences our daily decision-making processes. We all have unconscious biases. In fact, thinking about that very fact might make you feel anxious or be worried about the upcoming conference. This is totally normal! As the Pre-Education Committee, we are excited to be able to help NADTA members explore these feelings by offering opportunities to read, learn and discuss together through our book club. To learn more about this first selection, the author, and/or how to purchase this book, go to this site: http://www.amazon.com/Everyday-Bias-Identifying-Navigating-Unconscious/dp/1442230835

Delve into this book and discuss with a small (or large) group of your colleagues/peers/friends
• How does bias control the everyday choices we make?
• How do biases impact the therapeutic relationship?
• Are we aware of our biases?
• Are we making choices based on biases that have serious consequences for the lives of others?

**Host your own Book Club** and send us your questions, thoughts, and reflections after reading this book. *We want to host your Book Club’s reflections on our blog.* Feel free to send your reflection(s) in creative form: a poem, short story, image, picture or any other expression.

**Additional Selection: The Butter Battle** by Dr. Seuss
Have additional time and want to read another book? Or have no time and can only commit to a shorter read? Check out this children’s book that relates to the theme of bias and send us your reflections! Some questions to consider:
• How do messages we receive from our communities influence the way we perceive others?
• What messages, in the form of propaganda, are you constantly receiving from societal messages or in the media? How do these messages effect your belief systems?
• What belief have you ever adopted because someone you trusted told you to do so?

Send us your thoughts!!! We look forward to hearing from you!!

*Please note: all book club submissions will be posted to the conference blog pending approval.*

For an additional source on biases, check out this Ted Talk from Verna Myers titled, *How to overcome our biases? Walk boldly toward them:* https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them?language=en