

Avoid the "news"...

but stay in the "know"

Feeling overwhelmed? That's by design.

Trump Administration's "Shock and Awe" campaign, and the amount of information combined with the increased negativity of news today, ensure that your attention is rapt and you may find it impossible to take action.

Here are some options to help you stay in the know and hopefully give your brain some context and space to better convert thoughts into actions.

historian

Letters from an American

Heather Cox Richardson is an American historian who works as a professor of history at Boston College, focusing on the Constitution.

<https://heathercoxrichardson.substack.com>



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historian

Lucid

Ruth Ben-Ghiat is a Professor of History at NYU who writes about fascism, authoritarianism, propaganda, and democracy protection.

<https://lucid.substack.com>



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political wonk

Robert Reich

Robert Reich is Chancellor's Professor of Public Policy at Berkley. He served as U.S. Secretary of Labor from 1993 to 1997 and was on the Ford and Carter Administration.

<https://robertreich.substack.com>



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journalist/philosopher

The Ink

Anand Giridharadas is a former columnist for *The New York Times*. The Ink has both free and paid content. The video conversations are especially worth a watch.

<https://the.ink>



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