



Read! Fest 2021 invites you on a forward-looking journey of self-discovery. With the theme of *Reboot*, take a moment to re-examine and refresh your lenses on ubiquitous aspects of life today – such as how we approach work, nature, creativity, identity, and technology.

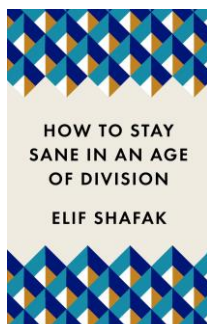
This resource guide is produced in accompaniment with the Read! Fest 2021 featured title: **How to Stay Sane in an Age of Division**.

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RESOURCE LIST

How to Stay Sane in an Age of Division by Elif Shafak

In this book, Booker Prize-nominated novelist and activist Elif Shafak writes about the observations of changes and upheavals in the globalised world, alongside the stories of her own life and upbringing. *How to Stay Sane in the Age of Division* reveals the power of listening and storytelling through the noise that surrounds our environment today in order to bring about greater kindness and compassion.

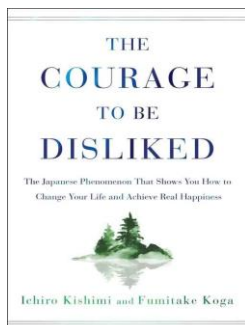


How to Stay Sane in an Age of Division

Shafak, Elif (2020). *How to Stay Sane in an Age of Division*. Profile.

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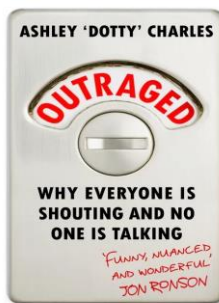


The Courage to Be Disliked

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Outraged: Why Everyone is Shouting and No One is Talking

Charles, Ashley 'Dotty'. (2020). *Outraged: Why Everyone is Shouting and No One is Talking*. Bloomsbury Publishing.

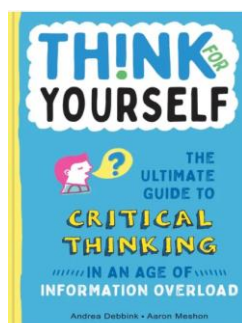
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You're Not Listening: What You're Missing and Why It Matters

Murphy, Kate. (2020) *You're Not Listening: What You're Missing and Why It Matters*. Celadon Books

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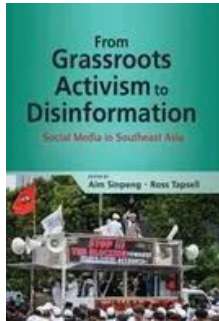


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From Grassroots Activism to Disinformation: Social Media in Southeast Asia

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TED. (2020, July) *The Politics of Fiction*. Retrieved 2021, June 15.

[The magical science of storytelling | David JP Phillips | TEDxStockholm](#)

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[The power of listening | William Ury | TEDxSanDiego](#)

TEDx (2015, January 8) *The power of listening*. Retrieved 2021, June 15.

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[How to Break Out of Your Social Media Echo Chamber](#)

Seneca, C. (2021). *How to Break Out of Your Social Media Echo Chamber*. Wired. Retrieved 2021, April 23.

[A Conversation with Elif Shafak](#)

Vikas Shah MBE. (2019). *A Conversation with Elif Shafak*. Thought Economics. Retrieved 2021, June 15.

[The Power of Listening in Helping People Change](#)

Guy Itzchakov, Guy, Kluger Avraham N. (Avi). (2018). *The Power of Listening in Helping People Change*. Harvard Business Review. Retrieved 2021, June 15.

[How Social Media Shapes Our Identity](#)

Renner, N. (2019). *How Social Media Shapes Our Identity*. The New Yorker. Retrieved 2021, April 23.