

Awareness leads to action, and action leads to change.

When Layla F. Saad began an Instagram challenge called **#MeAndWhiteSupremacy**, she never predicted it would spread so quickly. Using a step-by-step reflection process, she encouraged people with white privilege to examine their racist thoughts and behaviors.

Thousands of people participated in the challenge, and more than ninety thousand people downloaded the *Me and White Supremacy Workbook*. Since then, the work has spread to families, book clubs, educational institutions, nonprofits, corporations, event spaces, and more.

Based on the original workbook, *Me and White Supremacy* teaches listeners to understand their white privilege and their participation in white supremacy so that they can stop (often unconsciously) inflicting damage on People of Color and, in turn, help other white people do better too.

At this time in history, more than ever before, people are asking what they can do to help dismantle white supremacy and where to begin. Layla F. Saad answers: "Begin within. Begin with you and white supremacy."

LAYLA F. SAAD is a writer, speaker, and podcast host on the topics of race, identity, leadership, personal transformation, and social change. As an East African, Arab, British, Black, Muslim woman who was born in and grew up in the UK and currently lives in Qatar, Layla has always sat at a unique intersection of identities from which she is able to draw rich and intriguing perspectives. Layla's work is driven by her powerful desire to "become a good ancestor," to live and work in ways that leave a legacy of healing and liberation for those who will come after she is gone. Layla's work has been brought into communities, workplaces, institutions, and events around the world that are seeking to create personal and collective change.

Find out more about Layla at laylafsaad.com.

READ BY THE AUTHOR

Running Time: 5½ Hours • Unabridged

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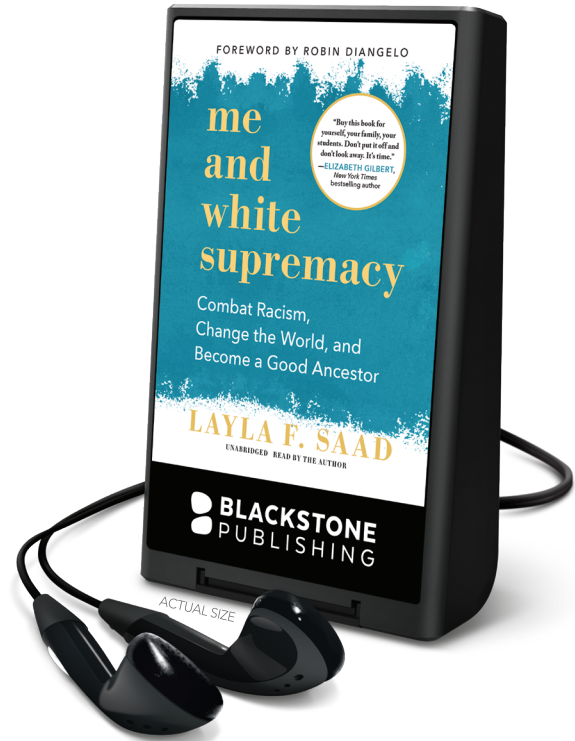
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