MORE SOUL FOOD

Read | Watch | Listen

MIND
The Intellectual Work

LINKS

• “We’re Still Living and Dying in the Slaveholders’ Republic” – Ibram X. Kendi – The Atlantic
• “Planning for a post-coronavirus economy must focus on racial inequities” – Andre Perry + Nathalie Molina Nino – The Boston Globe
• “The Black Plague” – Keeanga-Yamahtta Taylor – The New Yorker
• Floodlines: The Story of an Unnatural Disaster – Vann R. Newkirk II – The Atlantic
• “What Black Doctors And Nurses Want You To Know About COVID-19” - Tracey M. Lewis-Giggetts – Essence
• INSIDE REGINALD LEWIS’ BILLION-DOLLAR ACQUSITION OF BEATRICE INTERNATIONAL AND HOW THE DEAL TRANSFORMED BLACK BUSINESS – Rene “Butch” Meily – Black Enterprise
• “WHY IS COVID-19 HITTING BLACK COMMUNITIES HARDER? RESIDENTIAL SEGREGATION IS A KEY FACTOR.” – Akilah Wise – The Appeal
MORE SOUL FOOD
Read | Watch | Listen

SPIRIT
The Soul Work

LINKS

• “Jericho Brown Reads His Pulitzer Prize Winning Poems” - The Paris Review - Youtube
• “Questlove and Black Thought on how quarantine unlocked their creativity” - Starr Rhett Rocque - Fast Company
• “Carrie Mae Weems: correcting art’s past and funding its future” - Griselda Murray Brown - Financial Times
• **WALE AND KERBY JEAN-RAYMOND TACKLE RACE, CLASS, AND COVID-19 IN “SUE ME” SHORT FILM** - Timmhotep Aku -Afropunk.com
• **Transformation at the Base: No Mud, No Lotus**

Activating Space. Activating People.
3rdspaceactionlab.co
MORE SOUL FOOD

Read | Watch | Listen

CONNECTION
The Community Work

LINKS

- [COVID-19 Free Virtual Therapy Support](#) – Boris Lawrence Henson Foundation
- [Noname’s Book Club](#)
- “[A Black Female Founder Pivots To Meet The Challenges Of Coronavirus](#)” – Geri Stengel – ForbesWomen
- [Isolation Icebreakers](#) – Apple Music R&B
- [Afropunk Solution Sessions](#) - Afropunk.com
- “[Social Media Is Providing a Sense of Community for Those Targeted by Racist Attacks During the Pandemic](#)” - Andrew Perng – AdWeek
- “[All the ‘Verzuz’ Instagram Live Battles, Ranked](#)” – Craig Jenkins – Vulture
- “[Quarantine creativity: The arts and culture community works to keep Clevelanders connected](#)” – Karin Connelly Rice – FreshWater Cleveland

Activating Space. Activating People.
[3rdspaceactionlab.co](http://3rdspaceactionlab.co)