

# Essential Reads for Defending Democracy

*A Reading List for Change-Makers, Thinkers, and  
Everyday Patriots*

## Understanding Our Foundations

- **What Does the Constitution Actually Say?** – Ben Sheehan
- **The Declaration of Independence & The Constitution of the United States** – Jon Meacham
- **The Constitution of the United States and the Declaration of Independence** – Delegates of the Constitutional Convention

## Democracy in Crisis & Action

- **Democracy in Retrograde** – Sami Sage and Emily Amick
- **Democracy or Else** – Jon Favreau, Jon Lovett, Tommy Vietor
- **Democracy Awakening** – Heather Cox Richardson
- **Lawless: How the Supreme Court Runs on Conservative Grievance, Fringe Theories, and Bad Vibes** – Leah Litman
- **Prequel: An American Fight Against Fascism** – Rachel Maddow
- **On Tyranny: Twenty Lessons from the Twentieth Century** – Timothy Snyder
- **Freedom** – Timothy Snyder

## Resistance, Strategy & Persuasion

- **Why Civil Resistance Works** – Erica Chenoweth & Maria Stephan
- **The Persuaders: At the Front Lines of the Fight for Hearts, Minds, and Democracy** – Anand Giridharadas
- **Calling In: How to Start Making Change with Those You'd Rather Cancel** – Loretta J. Ross

## Equity, Race & Identity

- **Pedagogy of the Oppressed** – Paulo Freire
- **The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together** – Heather McGhee
- **Caste: The Origins of Our Discontents** – Isabel Wilkerson
- **The Warmth of Other Suns** – Isabel Wilkerson
- **Waking Up White: And Finding Myself in the Story of Race** – Debby Irving



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## Hope, Courage & Vision

- **How We Learn to Be Brave** – Mariann Edgar Budde
- **Moral Ambition** – Rutger Bregman
- **Abundance** – Ezra Klein & Derek Thompson
- **The Soul of America** – Jon Meacham