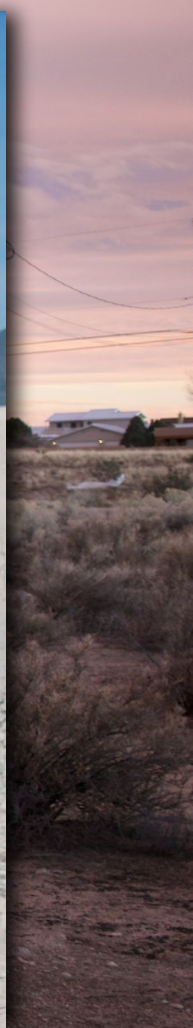
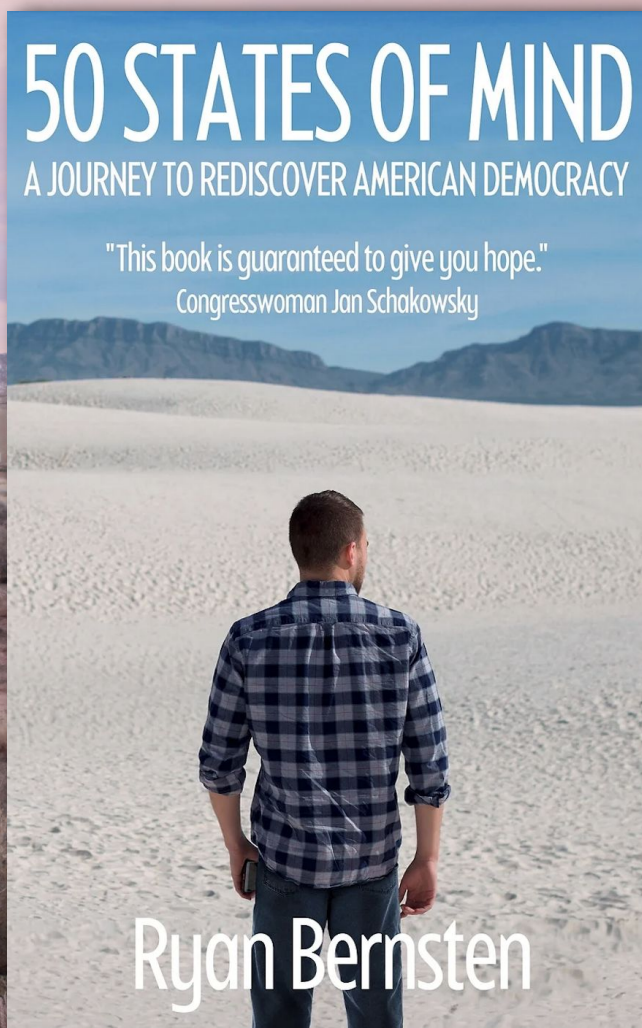


50 STATES OF MIND: A JOURNEY TO REDISCOVER AMERICAN DEMOCRACY



ABOUT THE BOOK:

Is America as divided as it seems?

As a graduate student at Oxford, Ryan Bernstein undertook a 23,000-mile journey through all 50 states to look beyond the news cycles and see his home country from the ground. Following in the footsteps of Alexis de Tocqueville, Bernstein leads with the desire to listen and find common humanity in Americans he meets across the country. In *50 States of Mind*, Bernstein ultimately offers a hopeful vision for the future of America, as he embarks on a search for meaning and reflects on what it means to be American. This book is a companion to the podcast *50 States of Mind* which showcases interviews from the journey and is available on all platforms.

ABOUT THE AUTHOR TALK:



A reading, speech or moderated Q&A, and workshop about political polarization

Ryan reads the preface from his book, introducing his 50-state journey, followed by a speech or Q&A session with a moderator. The discussion will cover Ryan's motivation for embarking on this journey, how others can draw inspiration from his work, and the commonalities that connect us despite differing viewpoints, followed by audience questions. Ryan will then lead a workshop about the role of local communities in democracy, the meaning of being American, and how to constructively approach divisive issues. ***Approx 1.5 hours.***

ABOUT THE AUTHOR:

Ryan Bernstein an award-winning speaker, author, and playwright. He is a graduate of the University of Oxford's Creative Writing Master's program and has written for *The Oxford Political Review*, *The Fulcrum*, *USA Today*, *The Infatuation*, and The Trevor Project where he currently serves as Senior Managing Editor. His plays have been produced internationally from New York to the U.K. – you may have seen him chatting with Helen Mirren as a Slytherin contestant on “Harry Potter: Hogwarts Tournament of Houses” on HBO Max.



PRAISE FOR THE AUTHOR TALK

“Ryan is a great speaker who draws from his research and real-world experiences to meaningfully connect with audiences of all backgrounds. In speaking about his book, *50 States of Mind*, he artfully weaves together relatable anecdotes from his cross-country travel adventure and listening tour. Through this storytelling, he demonstrates how each of us are fundamentally connected to one another, and how life can become richer through the relationships we build. I would hire him to speak at another event in an instant.”

- *Claire Bishop, Executive Director, American Public Square*

“I lean towards not only is the glass is half full, someone dropped it. But Ryan’s book and talk made even a cynic like me have hope for America’s political future.”

- *Trevor Richards, Adult Services Librarian, Amery Area Public Library, Amery, WI*

“I highly recommend Ryan’s program and book “*50 States of Mind: A Journey to Rediscover American Democracy*.” Ryan is personable and engaging and his passion for this subject is evident both from the book and the way he discusses his journey. Despite the perceived differences and decisiveness in the country, Ryan uses storytelling and discussion to emphasize the ways in which we are united and how to find common ground. Overall the program was uplifting, informative and entertaining!”

- *Lindsay Manning, Assistant Library Director, Mashpee Public Library*

PRAISE FOR THE AUTHOR TALK

“Ryan’s ability to connect with his audience is unmatched and he guided a thought-provoking and insightful conversation with kindness and levity. What a breath of fresh air... book him if you can, your community will be better off for it!”

- *Abby MacLean, Reference Librarian, Hingham Public Library*

“Ryan was the inaugural speaker for our new library. People were excited for the first in-person program since COVID, and Ryan did not disappoint. Our patrons were interested and engaged, and Ryan facilitated a great discussion that left everyone thinking about communication. We loved having him here.”

- *Lisa Prolman, Assistant Director, Greenfield Public Library*

“Bringing Mr. Bernsten to our small and rural library in Maine was one of our best programs this year. The topic of his book, and the genuine way the author sowed the seeds for robust and honest conversation among the group, made for a productive and hopeful exchange of ideas - people sat for 2 hours and talked about what democracy is, large and small-scale. I know I left the program energized to use the power I have as an American citizen in a librarian’s role to make this corner of the world a better place! Mr. Bernsten reminds us that there is an awful lot of good going on, and that it is a personal choice to recognize it and take that cue that every single person can help make a community thrive.”

- *Kristen Budlong, Library Director, Bremen Library*

PRAISE FOR THE AUTHOR TALK

“Ryan thrives in taking a potentially divisive discussion on politics and turning it into a friendly discussion amongst equals.”

- *Abby Tule, Assistant Director, Bethlehem Public Library*

“Our guests recently enjoyed an incredibly engaging evening with Ryan Bernsten at our Food for Thought dinner series. In fact, Ryan’s thoughtful remarks offer much food for thought, reflecting on both the incredible diversity of our country, the resilience of our communities, and the many reasons we have for optimism.”

- *Michael Crotty, Director, Marketing and Communications, Hancock Shaker Village*

“We hosted Ryan Bernsten for an Author Talk at the Oak Bluffs Library on Martha’s Vineyard. Ryan’s story of connection and compassion as he journeys across the United States is truly inspiring, and something this country needs right now. His author talk made an impact on each member of the audience and allowed folks to focus on what connects us, and how to foster that connection.”

- *Hannah Burbidge, Adult Programming Coordinator, Oak Bluffs Library*

See a [VIDEO](#) from a library event.

PRAISE FOR *50 STATES OF MIND*

"An endless adventure through the 50 states... it will go a long way to addressing many issues that we are currently facing.

This book is a must-read."

Readers' Favorite



"Any politician, whether aspiring or actively in office, would do well to heed the words of *50 States of Mind*... the book's much-needed prescription for angst and depression provides hope and a sense of purpose to modern America's struggles which is largely missing from newspaper headlines, but encouragingly present in this book. "

The Midwest Book Review

"Ryan Bernsten gives us a window into our vast complexity, how we are different and yet alike. In his journey through all 50 states, Bernsten talked to people from all walks of life and discovered a basic decency and love of country that prevailed in cities and towns across the nation. At a time of depressing headlines and news stories, *50 States of Mind* provides a welcome antidote and restores hope that our country will be all right in the end."

Governor Christine Todd Whitman

PRAISE FOR *50 STATES OF MIND*

"Soulful, refreshing, and surprisingly funny, *50 States of Mind* cuts through the divisive noise of the political moment. By approaching those he meets with humility and a commitment to listening, Ryan creates a portrait of the country which shows that, at the end of the day, most Americans have the same goals: strong communities and hope for the future."

Jason Kander, former Missouri Secretary of State, U.S. Senate candidate, host of Majority 54 Podcast

"If you are sadly convinced that our country is hopelessly divided along political and cultural lines, then I strongly urge you to read the book that is guaranteed to give you hope."

Congresswoman Jan Schakowsky

"... eye-opening to hyper-partisan Americans who need a reminder that they mostly like (and mostly are like) their neighbors. A chatty and engaging road trip into the many hearts of America."

Kirkus Reviews

PRESS RELEASE:

Offering a fresh perspective on U.S. politics, American national and Oxford University Masters graduate Ryan Bernsten's book [*50 States of Mind: A Journey to Rediscover American Democracy*](#) will be published on March 28, 2023 by UK publishers Bite-Sized Books in the United Kingdom and in the United States on June 20, 2023.

Bernsten undertook a 23,000-mile journey through all 50 states of his home country to answer the question: Is America as divided as it seems? *50 States of Mind: A Journey to Rediscover American Democracy* is a work of travel nonfiction in the style of Alexis de Tocqueville that takes readers on a long and winding journey through all 50 states to explore the complexities of today's America. Leading with the desire to listen and overcome preconceived notions, *50 States of Mind* asks how to infuse humanity and nuance back into political conversations to keep democracy strong.

"I wanted to see for myself what was happening across America," Bernsten says. "I was so inspired by problem-solving leaders of towns, non-profits, and small businesses across the country who are actively trying to improve their communities. You couldn't tell by watching the news or scrolling, but there's a lot to be optimistic about in America." Ultimately offering a hopeful vision for the future of America, *50 States of Mind* is a must-read for anyone interested in better understanding the complexities of American democracy.

Bernsten adds. "I can say with certainty there is far more that unites us than divides us." The book will be a companion to the podcast '50 States of Mind,' already featured in Condé Nast Traveler. It showcases live interviews from the journey and is available on all podcast platforms. Presale for *50 States of Mind* begins on February 28, 2023. Bernsten will kick off his official book tour at an event with American Public Square on April 17 to commemorate the National Week of Listening and will tour bookstores and libraries around the United States throughout the year.

PRESS:

KCUR - Kansas City NPR:

<https://www.kcur.org/podcast/up-to-date/2023-05-22/this-author-traveled-all-50-states-to-better-understand-america-then-settled-in-kansas-city>

TWO BROADS TALKING POLITICS:

<https://twobroadstalkingpolitics.com/blog/2019/09/23/episode-286>

THE PITCH

<https://www.thepitchkc.com/author-ryan-bernsten-on-finding-hope-for-democracy-and-a-home-in-kansas-city/>

THE FULCRUM:

<https://thefulcrum.us/50-states-of-mind>

WISCASSET NEWSPAPER:

<https://www.wiscassetnewspaper.com/article/goodness-people/176594>



Carlos Moreno / KCUR 89.3

Author Ryan Bernsten traveled to all 50 states to understand the political divisions among Americans.

Ryan Bernsten set out on a 23,000 mile journey to every U.S. state to listen to the stories of everyday Americans and understand their political beliefs. Then, he picked Kansas City to settle down. His new book shares what he learned in the process.

EVENTS:

APS Discussion Group: Is America As Divided As It Seems?

APRIL 17th

5:30 PM-7:30 PM

PILGRIM CENTER, 3807
GILLHAM ROAD KANSAS
CITY, MO 64111

William Jewell College

East Coast Book Tour
July 20-August 3



EVENTS:

William Jewell College
Tuesday, April 17, 2023: 10am
500 College Hill, Liberty, MO 64068

American Public Square
Tuesday, April 17, 2023: 5:30pm
3801 Gillham Rd, Kansas City, MO 64111

Amery Public Library, Wisconsin
Saturday, June 17, 2023: 2pm
104 W Maple St, Amery, WI 54001

St. Croix Falls Library, Wisconsin
Saturday, June 17, 2023: 6pm
230 S Washington St, St Croix Falls, WI 54024

Rooted Store Book Launch, Rockford, Illinois
Saturday, June 24, 2023: 5pm
1408 N Main St, Rockford, IL 61103

Edgerton Public Library, Wisconsin
Monday, June 26, 2023: 6pm
101 Albion St, Edgerton, WI 53534

Bliss Wine and Books
Wednesday, July 5, 2023: 4:30 pm
3502 Gillham Rd, Kansas City, MO 64111

Bremen Public Library, Maine
Thursday, July 20, 2023: 6:30 pm
204 Waldoboro Rd, Bremen, ME 04551

Boothbay Harbor Memorial Library, Maine
Friday, July 21, 2023: 6pm
4 Oak St, Boothbay Harbor, ME 04538

Bethlehem Public Library, New Hampshire
Saturday, July 22, 2023: 12pm
2245 Main St, Bethlehem, NH 03574

Walpole Town Library, New Hampshire
Monday, July 24, 2023: 5pm
48 Main St, Walpole, NH 03608

Greenfield Public Library, Massachusetts
Tuesday, July 25, 2023: 6:30pm
402 Main St, Greenfield, MA 01301

Lawrence Public Library, Massachusetts
Wednesday, July 26, 2023: 6pm
51 Lawrence St, Lawrence, MA 01841

Food for Thought Dinner, Hancock Shaker Village
Thursday, July 27, 2023: 6:30pm
1843 West Housatonic Street Pittsfield, MA 01201

Oak Bluffs Public Library, Massachusetts
Friday, July 28, 2023: 5pm
56r School St, Oak Bluffs, MA 02557

Mashpee Public Library, Massachusetts
Saturday, July 29, 2023: 3pm
64 Steeple St, Mashpee, MA 02649

Hingham Public Library, Massachusetts
Monday, July 31, 2023: 7pm
66 Leavitt St, Hingham, MA 02043

Quincy Public Library, Massachusetts
Tuesday, August 1, 2023: 7pm
519 Sea Street, Quincy, MA

Rangeley Public Library, Maine
Wednesday, August 2, 2023: 6pm
7 Lake St, Rangeley, ME 04970

Medford Public Library, Massachusetts
Thursday, August 3, 2023: 10am
111 High St, Medford, MA 02155

Lake Geneva Public Library, Wisconsin
Thursday, September 14, 2023: 2pm
918 W Main St, Lake Geneva, WI 53147

ABOUT THE PODCAST:

In a time of divisive politics, 50 States of Mind began as a graduate thesis project about the state of American democracy and grew into a 23,000-mile journey to all 50 states to talk to people on the ground. 50 States of Mind the thesis earned a distinction from the University of Oxford before launching as a podcast made possible through the King's Hall Trust. 50 States of Mind, which has listeners in over 40 countries and in all 50 States, has been featured on the [Two Broads Talking Politics](#), [Sanity](#), [Chicago Indivisible](#), [Northwestern Intersections](#), and [Travel For a Loop](#) podcasts and in [Condé Nast Traveler](#). 50 States of Mind aims to infuse humanity and nuance back into conversations about politics to help us overcome our preconceived notions.

LISTEN TO THE PODCAST:

[SPOTIFY](#)

[APPLE PODCASTS](#)

[STITCHER](#)

[GOOGLE PODCASTS](#)



34 episodes

State by state, host Ryan Bernsten and international guests explore perceptions of America via interviews with mayors, governors, and voters on both sides of the aisle from a 5-month journey through all 50 states. Take a trip through America to listen and to learn what's really happening in the USA.

PUBLISHER AND RELEASE DATES

US Hardcover - June 20th, 2023

UK Paperback - March 28th, 2023

Bite-Sized Books, now in its 9th year, Bite-Sized Books, has an enviable roster of authors and contributors. They include politicians such as Vince Cable, Sir John Redwood, Lord Heseltine and Ed Vaizey, and high-profile media leaders, broadcasters, and journalists such as Mark Thompson, Clive Myrie, John Mair, David Elstein and Jon Snow. Academics and economists are also in the mix with publications by Vicki Pryce, Patrick Minford, Dr David Bailey, Victor Hill, Alex de Ruyter and Professor Graham Gudgin. Bite-Sized Books is chaired by its founder Dr Paul Davies, and run by its CEO, Julian Costley.

Press Inquiries

julian.costley@bite-sizedbooks.com

ryan.bernsten@gmail.com

LINKS:

Audiobook:

<https://lanternaudio.com/50-states-of-mind-a-journey-to-discover-american-democracy/>
https://www.audible.com/pd/50-States-of-Mind-Audiobook/B0BZJML439?action_code=ASSGB149080119000H&share_location=pdp

US Hardcover:

<https://www.barnesandnoble.com/w/50-states-of-mind-ryan-bernsten/1143130571?ean=9781739310769>

GoodReads:

<https://www.goodreads.com/book/show/123402365-50-states-of-mind>

US Paperback:

<https://a.co/d/gQTRoVD>

LINKS:

Press Release:

<https://pressat.co.uk/releases/fresh-political-voice-ryan-bernsten-traveled-to-all-50-states-to-answer-the-question-is-america-as-divided-as-it-seems-baffb74312d08fd4128be2355b7630da/>

American Public Square Event:

<https://americanpublicsquare.org/event/aps-discussion-group-is-america-as-divided-as-it-seems/>

Podcast:

<https://podcasts.apple.com/us/podcast/50-states-of-mind/id1458481030>

UK Paperback:

<https://amzn.eu/d/a70wjml>



THANK YOU!
50statesofmindpr@gmail.com
815.914.7958