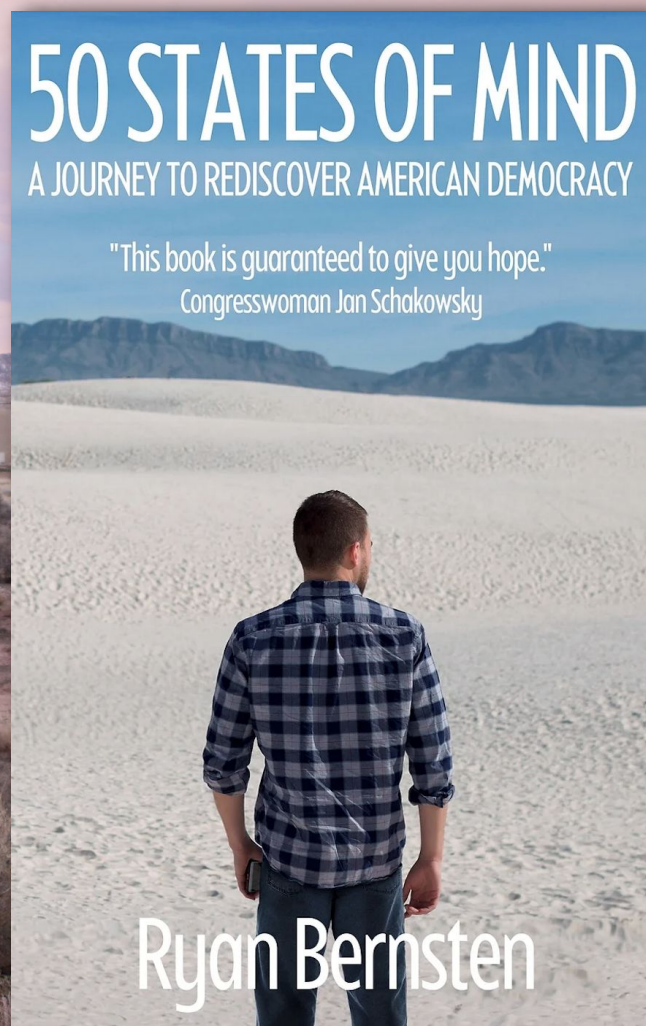


# 50 STATES OF MIND: A JOURNEY TO REDISCOVER AMERICAN DEMOCRACY

PRESS PACKET



# 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. 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 podcast platforms.



# ABOUT THE AUTHOR:

Ryan Bernstein is a graduate of the University of Oxford's Creative Writing Master's program and has written for *The Oxford Political Review*, *USA Today*, *The Infatuation*, *The Ozymoron*, and The Trevor Project where he currently serves as senior managing editor. He moved to Kansas City after falling in love with the town on his journey to all 50 states. You may have seen him onstage at the Unicorn Theatre in "The Inheritance" or chatting with Helen Mirren as a Slytherin contestant on "Harry Potter: Hogwarts Tournament of Houses" on HBO Max.



# ADVANCED PRAISE:

"If you're convinced that our country is hopelessly divided along political and cultural lines, I strongly urge you to read this book that is guaranteed to give you hope. Ryan takes us on a journey to listen to Americans you are unlikely to have met. While talking to folks in big, medium, and tiny towns, he dumped all stereotypes and preconceptions. He thinks it would be wise to broaden your travel choices. Get some hints from his book." - **Congresswoman Jan Schakowsky**

"In 50 States of Mind: A Journey to Rediscover American Democracy, Ryan Bernstein gives us a deeper, more nuanced, and ultimately hopeful portrait of our shared American life. Throughout these pages and across the miles, Ryan's humble approach--rooted in authentic curiosity about his fellow Americans' lived experiences--reveals to the reader that we are less divided than our politics suggest. Reconnecting to each other at the community level based on what we share in common is a necessary way out of the political morass in which we find ourselves. With compelling vignettes and lasting insights, this book is a timely reminder that politics is always first and foremost about people."  
- **Nick Troiano, Executive Director, Unite America**

# PRESS RELEASE:

Offering a fresh perspective on U.S. politics, American national and Oxford University Masters graduate Ryan Bernstein'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.

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," Bernstein 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. Bernstein 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.



# EVENTS:

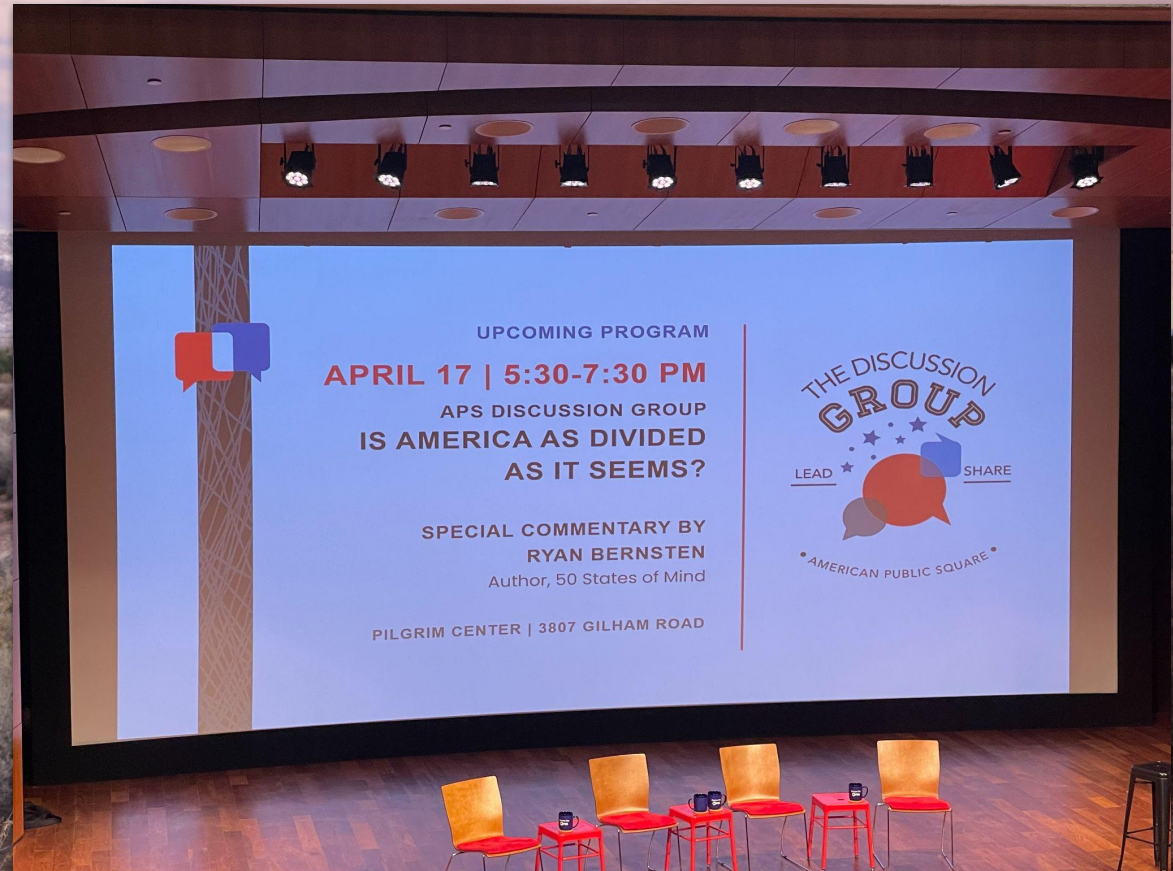
## APS Discussion Group: Is America As Divided As It Seems?

APRIL 17th

5:30 PM-7:30 PM

PILGRIM CENTER, 3807  
GILLHAM ROAD KANSAS  
CITY, MO 64111

East Coast Book Tour  
July 20-August 2



# EVENTS:

**July 20 - Bremen Library, Maine**

**July 21 - Boothbay Harbor Memorial Library, Maine**

**July 22 - Bethlehem Public Library, NH 12:00pm**

**July 24 - Walpole Town Library, NH**

**July 25 - Greenfield Public Library, MA 6:30**

**July 26 - Lawrence Library, MA**

**July 27 - Food for Thought, Hancock Shaker Village MA**

**July 28 - Oak Bluffs Library, MA 5:00pm**

**July 29 Mashpee Public Library - 3:00pm**

**July 31 - Hingham Public Library**

**August 1 - Quincy, MA**

**August 2 - Rangely Library**



# 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

**UK Paperback** - March 28th, 2023

**US Hardcover** - June 20th, 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.

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# 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>

# LINKS:

## **Audiobook:**

**<https://lanternaudio.com/50-states-of-mind-a-journey-to-discover-american-democracy/>**

## **US Hardcover Pre-Sale:**

**<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 Pre-Release Paperback:**

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





THANK YOU!  
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