

Episode #002 Embracing Tragic Optimism

#002 We are in precarious times. America's racism is tearing at the fabric of our lives. The world is in crisis, and throughout history, the artist has always risen up from our collective despair to bare witness and testify creatively about our human experience. In this time of searing injustice, quarantine and isolation, how does the artist, the actor, care for their artistic soul, while also confronting life changing circumstances? Join Charlie as he discusses the idea of Viktor Franks's concept of Tragic Optimism, and the ways to nourish yourself during these unnerving times.

- **Ibram Kendi**

- <https://www.ibramxkendi.com>

- **Jane Elliot**

- <https://www.youtube.com/watch?v=4QJlu15VjQg>

- **Viktor Frankl**

- <https://www.litcharts.com/lit/man-s-search-for-meaning/postscript-1984-the-case-for-tragic-optimism>

- <https://www.youtube.com/watch?v=BB8X-Go7lgw>

- **Emily Esfahani Smith**

- <https://www.nytimes.com/2020/04/07/opinion/coronavirus-mental-health.html>

- **Alexandr Solzhenitsyn**

- <https://www.nobelprize.org/prizes/literature/1970/solzhenitsyn/biographical/>

- <https://www.nytimes.com/2008/08/04/books/04solzhenitsyn.html>

- **Anna Akhmatova**

- <https://poets.org/poet/anna-akhmatova>

- **Pablo Picasso**

- <https://www.museoreinasofia.es/en/collection/artwork/guernica>
- **W.E.B. DuBois**
- <https://hutchinscenter.fas.harvard.edu/web-dubois>
- **David Wojnarowicz**
- <https://whitney.org/wojnarowicz>
- **Ai Wei Wei**
- <https://www.aiweiwei.com>
- **Gordon Parks**
- <https://www.biography.com/artist/gordon-parks>
- <https://medium.com/vantage/gordon-parks-american-gothic-af36a14b8b70>
- <https://www.nytimes.com/2006/03/08/arts/design/gordon-parks-a-master-of-the-camera-dies-at-93.html>