The Upstander Ripple Effect: Growing courage with Dr. Cynthia Pury

transcript

**Dr. Neal Mayerson** 00:11

What we are best suited to do in our lives connects with who we are and our character strengths.

**Jackie Congedo** 00:19

Standing up strong, activating your superpowers is how you can change the world,

**Dr. Neal Mayerson** 00:25

and you're pioneering the future of humanity.

**Jackie Congedo** 00:27

Let's start right now. Do you consider yourself courageous? On today's episode courage expert, Dr. Cynthia Pury joins us, Dr. Pury has extensively researched the science of courage. And she's joining us from her post as a professor at Clemson University, we talk about some of the factors that are at play when we choose to act courageously, and how we think about courage for the right reasons, as a society during a highly polarized time. It's amazing to be able to have this conversation with you, Dr. Pury, because you specialize in the strength of courage, understanding what courage is how we use it. And the reason why I think it's it's such a relevant conversation is because our work at the Holocaust & Humanity Center is so grounded, you know, this idea of upstanding is so grounded in courage. And a lot of people think, Well, I'm not courageous, I don't have bravery in my top strength, like, what? What does that mean for me? So I'd love for you to just talk a little bit about your first year personal journey that led you to this work? Why, why it's meaningful for you? And, yeah, and why you think it's important for us to think about courage today.

**Dr. Cynthia Pury** 01:42

Okay, um, I think on one hand, I've always been interested in courage. And I've always been interested in things that people can do to make the world a better place. And what that means like that, what that means, especially when times are hard. But that's just kind of characterized by my interest in things I like to read and shows I like to watch. Um, I never really thought about it seriously. Until I was asked to put together a class on fear and horror for our Honors Program here at Clemson. And so I had people doing a bunch of different readings about fear and horror. And I thought, wow, this is so depressing. And at the end of the class, I thought, well, let's do some readings and have some classes that are about things. This is before I taught it, obviously, I'm putting the materials together. I thought, well, let's talk about sort of more uplifting things like, right, so what can you do? This all sounds so hopeless. So if you have irrational fears, there's wonderful therapy for that. It's not, you know, it's not a panacea. And it's certainly not easy. But we've got really very well developed technologies for that in all sorts of different ways. So we'll do some readings on exposure therapy and CBT. Then I thought, Okay, well, but what if the thing that you're afraid of is like, rational to be afraid of? Well, we've made huge strides as a society and the field of human factors, psychology has contributed a lot to increase safety. So let's read about safety and ways that the world can be made safer. And there's so many ways that the world is safer now than it used to be. Yeah.

**Jackie Congedo** 03:45

Okay.

**Dr. Cynthia Pury** 03:47

So what if you're afraid of something, and it's rational to be afraid of, and you can't do anything to make it safer? Because the bad thing is going to happen? Or is likely to happen? What could you do that and I thought, well, you could be courageous, and I thought, great. So I thought, well, I'll just go find the research on courage. And I'll have them read that.

**Dr. Cynthia Pury** 04:08

And I was really shocked. Because at the time, I was just using kind of like a smallish tote bag for work, all of the reading fit in my tote bag, all on it. And I was like, wow, there's like a metaphor for society, right? That like all the anything we know about courage fits in one tote bag. I don't think it does anymore. I don't think it does anymore. It's probably happening to you. And a lot of other folks too, and a lot of other stuff. But it's been very rewarding to see that that's not as much the case anymore. But at the time it it really highlighted for me the distinction between being a teacher or purveyor of knowledge and a creator of knowledge, because the teacher in me was just very sad. I'm like, What are we going to do? Do we get this one thing to read? And it's okay. But the researcher and he was like, Whoa, this is great, huge opportunity. Yeah, it's a wonderful opportunity. And I realized it connected with a zillion other things I knew and had been interested in.

**Jackie Congedo** 05:18

So this was back when like, what year

**Dr. Cynthia Pury** 05:21

2003 I believe.

**Jackie Congedo** 05:25

Very different world. Little did we know just how relevant it would become this, all of this, thinking on courage,

**Dr. Cynthia Pury** 05:33

I would say yes, I would say yes. And I would say no, because it was right after 2001

**Jackie Congedo** 05:38

Wow.

**Jackie Congedo** 05:38

Well, that's true.

**Dr. Cynthia Pury** 05:38

911. And so it was like a big deal then. But in a different in a different kind of way. Yeah. Yeah. So. So anyway, that was that was sort of where it started. I had really noticed during my clinical internship, which was just a few years earlier, because I was shortly out of school, I did a rotation, I did a rotation at an inpatient PTSD unit at a VA hospital. And I noticed that so many of our patients would describe doing really hard things, but then kind of neglect how courageous it was. And, to me the ultimate example of this, because you're talking about, you know, you're like, anybody can be courageous or not, or you know how, but I'm not courageous. Yeah, you can be. Probably the most courageous thing I've ever seen someone do personally, was I watched a patient wrap a Christmas present, which sounds like nothing, except that the worst day of his life happened around Christmas time in Vietnam. And the memories of it had, like, just tanked his life and a lot of a lot of ways. And he had a grown up child, and he had never given that child, a Christmas present himself, all of the Christmas presents that his kid ever got, even if it said "from Dad" were always bought and wrapped and everything by his wife, because he couldn't just he just couldn't deal with it.

**Dr. Cynthia Pury** 05:39

So while he was in treatment, he came in one day, and he had a gift. And he had the wrapping paper and all the wrapping supplies. And he's like, Can I do this with you? And I said, Sure. And as he was doing this, like, I knew enough about him that I knew he was having flashbacks to just really horrid things. Um, but he did it. And at the end,

**Jackie Congedo** 07:41

What gave him the courage to do it?

**Dr. Cynthia Pury** 07:44

I genuinely think, a love for his child and a desire to get better. I think it was, I really think it was a combination of those two things, that those were his big motivations. And he was a very psychologically aware kind of person. But But I think about that often, because at the end, he just apologized. I remember for being, you know, such a wreck. And I said, Actually, I think that's one of the bravest things I've ever seen anybody do. And I told him that and I use those words. And, you know, he kind of puffed up a little bit, but also I'm not sure he bought it that it was courageous. I think he thought he shouldn't be in that situation in the first place. Um, but, but later on, in the research that Robin Kowalski and I did sort of at the very start of all this, we looked at something that we call,

**Dr. Cynthia Pury** 08:43

it's something that we found actually, I wasn't planning on finding it. But we found something I call personal courage, which is exactly that. So it's somebody does something that for most people would not be considered courageous. But for them, it takes a lot. That's one aspect of personal courage. So I look at courage, I now define courage as standing or as taking a worthwhile risk. So taking a worthwhile risk means that you're voluntarily doing something, that you're doing it for a worthwhile reason. And that it's risk. You see the risk in it, you feel the risk in it. And for personal things that are high in personal courage, I think those tend to be things that are personally meaningful for the individual, in this case for him wrapping the Christmas presents very personally meaningful, but also, it's something that is for that person risky, but it might not seem risky to other people.

**Dr. Cynthia Pury** 09:51

So my favorite example, just in chatting with people about this and about how we're all different is that I talk to people all the time. I'm I, that's my job, I get up in front of audiences and I talk sometimes those audiences are students, and sometimes they're other folks. But that's just my job. That's most of my job. And if you told me, I needed to give a talk in 20 minutes to 300 people in an auditorium, I'd say, Okay, fine. You know, like, when are we starting? What am I talking about? Okay. And that would be that. But if you told me that I needed to change the light bulb, at the top of our, you know, two and a half storey auditorium space, I'd say Not a chance in the world, because I'm clumsy and afraid of heights. So no, that's not happening. But if you talk to the person who regularly changes our light bulbs, I'm positive, because I asked one time, that would not be a big deal for them at all.

**Jackie Congedo** 10:53

So it's all about sort of the internalized risk-reward calculation and how you...

**Dr. Cynthia Pury** 10:59

I think so, yeah. And, and also, you know, it's so that the reward calculation also is different for people in a lot of circumstances, not in all circumstances, but in a lot of circumstances. So, we all pretty much agree that fire is dangerous, and that saving people from burning up is a good thing. We all think that that's a good thing. And firefighters are among the most commonly lauded group of very courageous people.

**Jackie Congedo** 11:28

Yes, yes.

**Dr. Cynthia Pury** 11:30

And I think in part, it's because we can all agree that that is both risky and worthwhile. But you can kind of change it up a little bit. And so it might be courageous for me, a non-firefighter, to run into a burning building to save a baby - it should be. But if I ran into the burning building to save my pet, you might think I was courageous or not, depending on how you feel about pets. You could scale it down a little bit. And you could say, okay, my pet cat. I have three. They're wonderful. I would come get them. I...

**Jackie Congedo** 12:07

They're probably grateful for that

**Dr. Cynthia Pury** 12:09

Well, I don't know if they fully appreciate it. But yeah, I would run into a burning built, you know, but what if I ran into a burning building to save my pet snake? Some people don't like snakes in their house, you know? Right? And what if I ran into a burning building to save my pet cockroach? Or my pet house plant? You know that I talked to you and nurture like a child? Like that's those are all very different? What if I ran into a burning building to make a TikTok video while I was surrounded by flames? You know, those are goals where I think like the dangerousness of the or the worthiness of the goal sort of slips in people's minds.

**Jackie Congedo** 12:47

Right. Yeah. So that, yeah, I love that definition of a worthwhile risk. And it Yeah, it reminds me a lot of, you know, again, the work that we do around helping people understand what it means to be an upstander what it takes to be an upstander. And this idea of, you know, the calculus that oftentimes when we talk about like, acts of courage, personal personal courage happens in a moment, right, it's like a decision that you make to wrap a present to, like, cross a bridge to, you know, even stand up in a moment, or someone's being bullied. I mean, there's something you have to do sort of instinctively, right?

**Dr. Cynthia Pury** 13:27

Sometimes. Sometimes not. So, um, my Christmas wrapping person, he spent a lot of time preparing for this. He knew this was a goal. And he had been through treatment before and this was a goal for this go round in the limit to the fixed term treatment plan. And we actually, we have a, we had a paint your own pottery studio, on site, and he made the gift for the kid in the paint your own pottery studio. And while he was doing it, he thought about can I wrap it or can't I? And he thought about giving this as a gift the whole time. So for him, it was a very planned thing. I would say about a third, a quarter to a third of our participants talk about taking a courageous action on the spur the moment very quickly before they have time to think it through too quickly. And/or, because action needs to happen right now. Or this person is going to drown, or this person is going to get physically assaulted. Or just it came out of their mouth before they really thought too much about it. Uh huh. But about two thirds to three quarters of our participants actually talk about taking a much longer time to decide to do the thing. So they talk about minutes, hours, days or years to do

**Jackie Congedo** 14:52

that. Yeah. And that's, I think, you know, sort of the lesson for people who are listening is that you, you can you can actually do work to cultivate that courage.

**Dr. Cynthia Pury** 15:03

Absolutely.

**Jackie Congedo** 15:05

What has your research shown about that? Like?

**Dr. Cynthia Pury** 15:07

Yeah. So what what our research shows is that, and this is mostly unpublished research that I, we were talking shortly before the show, and I said, one of my primary jobs is doing administrative things in my department. This is why I don't have much written up on this topic. I've been busy planning schedules. But but but there is data that we have that I need to get out there, that shows that people who take longer, that if they act quickly, they don't typically describe doing something to try to increase their courage, they just say I just did it, or maybe they focused on it was the right thing. They focused on the outcome and how good it was.

**Dr. Cynthia Pury** 15:54

But people who take longer to take a courageous action, typically report higher levels of fear before taking it, which that makes sense, because the fear was probably inhibiting them from taking the action. Yeah. But they also do more to try to increase their sense of courage in some way. And the sort of three big categories that we found those fall into are thinking about the value of the goal, that's the most important thing, that's the number one thing people talk about, they think about it was the right thing to do, or how much they're going to love going to this going to the school far away from their house, or about why not see this person to get her? Yeah, they focus on the worthwhile illness. Alternatively, they also focus on their ways that reduce the risk of whatever the thing is. So they may practice so that their speech is easier, or that their statement of support for someone is better received. They may build up social resources around them for you know, I'm standing on being an upstander about this thing I see that's wrong in an organization I'm part of, I'm going to build up resources of other people who feel likewise. Or they will focus on their...they'll they'll build up those resources to succeed or, and, or, and, and they'll reduce their risk in some way. So they'll do things that make it safer.

**Jackie Congedo** 17:37

Yeah, I mean, that feels to me like channeling strengths, right, trying to think about what other things you bring to bear that can lower the risk or that can create more safety or security and in the risk that you're...

**Dr. Cynthia Pury** 17:50

Absolutely, yeah. Yeah. And thinking about it. And knowing yourself, I would imagine, would help a lot.

**Jackie Congedo** 17:57

Yeah. So it reminds me of a story in our museum of one of our survivors and his family. This is this was this Al Miller, who we recently lost. He was 100 years old. And yeah, incredible, incredible legacy in life, and his family escaped Germany, thanks to a number of upstanders, who just acted in their one moment in there one way in a way that was essential, and I don't want to say effortless to like diminish what they did, but was part of their natural strength, right from a place of their natural strength. And one of one of these upstanders was a doctor at a hospital, and Al's father had faked a stomachache. This was right after Kristallnacht. And he ended up in this hospital and this doctor said, "You're not really sick. Nothing's wrong with you." And he said, "No, I just need your help. I need some time." And so the doctor said, you know, if you were to stop the story there and ask people listening, what does it look like to stand up in that moment? You might think that he smuggled him out or hit him in somewhere, or, you know, but actually, all he did was say, "What can I do?" And he said, "We're going to do a nose job and an appendectomy. And that'll keep you in the hospital for two weeks." And that's enough time. And that's enough time for your wife to go figure out where you're gonna go and try and find the paperwork. And so, you know, not many people can say that they had their life saved by a nose job and an appendectomy. But in the case of the Miller family, they did, and it was because this doctor knew enough about himself and his own strengths, to summon you know, it was like, and when I think about it through the framework of your research, it's like, his way of, of acting in courage was, you know, to lesson it was a less riskier thing for him to do what he was in the course of doing like this is where he was strong, right?

**Dr. Cynthia Pury** 19:51

Yeah, and there's no there's no need, you know, if you pick the riskiest path, to achieving some kind of goal that is always not going to seem like courage. So if I am trying to keep a drunk friend from driving, yeah, I can risk a little bit of social disapproval by taking their keys and hiding their keys and saying, I'm not giving those back to you until you sober up. You can sleep on my couch and that risk, is a little bit of social disapproval, right? Or I can wait until she's in the car, and I can go stand in front of her and say, "No, your're drunk!" you know, and that's not that's maybe not the best plan, if you have other options. And and that's the thing is, if you have other options, so I would wonder if the doctor in the situation that you just described if, if it were the case that the Nazis had shown up at the hospital and said, This man needs to come with us. If he might have done something riskier. Yeah, yeah. Right. But he had that time he had that opportunity. Yeah. And I think that's pretty cool.

**Jackie Congedo** 21:11

Yeah, I think. Yeah, it's, it's such an interesting story. And there are many other examples of upstanders who came in there. I mean, that that was downstream of someone who said on Kristallnacht. Yeah, sure, it was a neighbor of the Millers, "Come stay with me." And so the only reason they were that Mr. Miller was there to be able to fake a stomachache, because because someone had already said, "you can stay with us" even as Kristallnacht was happening. So

**Dr. Cynthia Pury** 21:37

Which was a riskier kind of thing most likely. Yeah. But but that person, that person had a place to stay. Right?

**Jackie Congedo** 21:47

Yep. And it was also something that she could do in her mind, you know, she wasn't in a position to do a surgery or, you know, whatever other action, so she did what you do, and yeah, yeah, I want to ask it just because I think that, you know, our time is winding down here a little bit, but I think that it's...

**Jackie Congedo** 22:07

we're living in this moment in our world, where, you know, when people think about courage, you know, just because we think something is courageous, I think there's like a, this allure of being courageous in our world today. And, and courage, for the sake of courage, or for the sake of, you know, doing something that feels brave, or, yeah, is, which is why I love like, worthwhile, right? It's like, yeah, you as somebody that's courageous doesn't always mean, it's a good idea, right? How do we know that we're being courageous for the right reasons? Like how do we how do we level set on that, like, worthwhile-ness? And I actually think that part of what we're struggling with in society today is that we don't have a common definition. What is worthwhile?

**Dr. Cynthia Pury** 22:57

Yeah, yeah, I, I think it would be a rather than trying to live a life of being courageous, living a life that's consistent with your values, is maybe a better way to think about it. And if you're living a life consistent with your values, you are going to need to be courageous, sometimes. Other times you've made, you might not have to be courageous, because there may be no risk in simply doing the things that support your values. Right.

**Jackie Congedo** 23:28

Yeah, yeah.

**Dr. Cynthia Pury** 23:29

Um, to me, I think the bigger issue is disagreeing about what those values are.

**Jackie Congedo** 23:35

Yeah

**Dr. Cynthia Pury** 23:36

I just had an instance yesterday, where I was asked a kind of very appealing thing, I was asked to be a judge for a forensics contest. And I was super into forensics and debate when I was in high school, we went to state, we came in second, but only due to like, strength of opposition, which I still think was unfair. But anyways,

**Jackie Congedo** 23:59

but you're over now you're

**Dr. Cynthia Pury** 24:02

clearly clearly that's I'm well over that. But I was so into that in high school, and I teach improv on the side. It's super fun. I love stagecraft kinds of things. I was all, I was all excited about it. And then I read the mission statement of the group that was putting this on, and I realized that my values and the values of the group that was putting it on, were actually completely opposed to each other. And so I just sent I sent the nice person who asked me a thing back saying, Look, after reading the mission statement, I don't think I'd be a good judge, because I don't think I could be fair to the students who were presenting a very strong case for this thing that I personally think is morally wrong. And, and that was that and I think we parted on a really, really civil terms, which was really nice. And I appreciated their professionalism and I hope they appreciated mine but I am positive that the students who will be attending this event, are very convinced that they are learning how to courageously defend their point of view. But yet, I feel like I stood up for my values. I did not feel like it took necessarily courage on my part because I have a job. I have a career. I'm 57 years old, I don't really need this part time, one shot forensics gig, but for them, it's a big deal. You know? Yeah. So I think that's some of that some of it. And I would imagine that, I mean, we're seeing this now with conflicts all around the world where there are people on both sides who are describing the actions of their side is courageous. Right? And that's a legitimate thing.

**Jackie Congedo** 26:00

Yeah, it's, it's hard to reconcile some of these things. And I think that's one of the reasons why I think that the VIA strengths framework is so useful, because it is a universal set of values in action, right? It's like, across cultures, throughout time, these are the things that we as human beings, understand to be the best of humanity, right? And so grounding it in that common framework, I think is an important first step before we think about like, Okay, well, then how do we? Because to your point, well, you know, while you focus much more on the inter, intra, intra personal, that there is an interpersonal aspect to this, and it, you know, acts of upstanding require collective courage. And so how do we, how do we come to terms or align around...alright, well, what's what's worthwhile? In our society? What do we stand up for? And that's, that's, um, yeah, that that's, I think, a story that's still being written.

**Dr. Cynthia Pury** 26:57

That discussion has certainly been going on for as long as I've been alive, and I'm positive, it went on way before...a story from my family growing up was that my great great some Grandfather, gave his life for cause he believed very deeply in, but that cause turned out to be the French monarchy. So you know, sort of, I thought that was kind of interesting, that's kind of colored my life in a way of like, you know, I'm sure at the time, that was a very courageous, noble sort of thing. But the more I read about the French Revolution, the more I think, myself that the French monarchy was not really an institution I would support. Yeah, right. Well,

**Jackie Congedo** 27:53

I yeah, I think that's true of history. And we're in hindsight, you know, I mean, we want to, and we want to, it's why I'm thinking we're thinking very deeply about this right now. Because I think the lessons from history around, you know, what people perceive in the moment to be courageous, or what is valuable or what is worthwhile. It's worth thinking deeply about, right? Because it's, it's not like - you mentioned the French Revolution, we could talk about Nazi Germany, we could talk about any of these regimes, or eras, where there were people who, who stood up to do things that were truly horrific. And it wasn't just because there was like, all of a sudden in the 1920s a society of evil people, inherently bad people who popped up these were just, these are people who are consuming information, who were making choices, who were taking calculated risks and what they consider to be worthwhile risks in the moment. And, and I think so, so, I'm interested in that intersection between the values and courage like how do we how do we channel that courage in a way that reflects the best of humanity, our best instincts and that really bends the future towards better humanity, better instincts, you know, and that's, that's something that I think we have to look critically at tough history to help to learn from

**Dr. Cynthia Pury** 29:10

Yeah, I agree 100% with everything you just said about that. It's that is a kind of that has been a side effect of doing this research is that I look up and I sort of store away little PDFs of anytime I see see something in the news where someone's described as being courageous, and a lot of them are physical courage kind of things, which totally makes sense. So you know, we all agree saving other people from physical danger is risky and worthwhile. But a lot of times they are also very polarized political kinds of things where this person was very courageous for defending abortion rights. This person was very courageous for defending right to life and The people giving awards agree completely with the thing it was that they did. Yeah. And it's, it's that's a real conundrum. Yeah, about courage. Yeah.

**Jackie Congedo** 30:15

My justice is your injustice and vice versa. Right?

**Dr. Cynthia Pury** 30:20

Exactly. And and that's a, that's a, it where courage can inform this discussion, I think is the things we call courageous almost always tend to be the things that we agree with. And when we look at accolade courage, so Charlie Starkey and Laura Olson and I have a study we published recently where we looked at the accolade, how courageous people said, Caitlyn Jenner and Kim Davis were right at around the time that they were in the news in the U.S. So Caitlyn Jenner is Caitlyn Jenner. At the time, she had just transitioned and came out about that. I and at around almost exactly the same time Kim Davis was denying marriage licenses to same sex couples. Yes, yes. And yeah. And the results were exactly what we predicted. We we asked people about how risky it was about how much fear they thought the women felt, and those kind of predicted courage, but what really predicted courage was how much you agree that whatever she (whichever one you read) about did, how much you agree that she did the right thing, that that was a thing that needed to be done. That was what predicted if you said that she was courageous or not.

**Jackie Congedo** 31:39

This has been so so valuable for me just to think deeply about, and I hope for folks who are listening, because because we are living in a time where I think it's important that we developed more shared understandings around you know, how we how we think about being courageous in ways that are going to advance us and and what is what is...how do we define "advance?" And how do we work off a shared set of facts? I mean, all of those things are things we're wrestling with, but I think they're worth wrestling with.

**Dr. Cynthia Pury** 32:11

So one of the things I think is undervalued a lot, in values research in general, is thinking about good actions compared to good people.

**Jackie Congedo** 32:24

Yeah, yeah.

**Dr. Cynthia Pury** 32:25

And I think we do ourselves a big disservice when we focus solely on "let's find courageous people" or even "let's find good people." Let's find people doing good things. And let's celebrate the good things. Because not everybody, I find it hard to believe that even the person who I might put on the highest possible moral pedestal, I doubt that person is a moral winner every single moment of every single day that they've been alive.

**Jackie Congedo** 33:05

Right. Right. Right.

**Dr. Cynthia Pury** 33:06

I don't think that that's true. And

**Jackie Congedo** 33:09

yeah, yeah.

**Dr. Cynthia Pury** 33:10

And, and even people who I think are reprehensible and who do reprehensible things, and I just assume do reprehensible go around doing reprehensible things all the time, I bet they're not reprehensible every single moment of the day. And I bet every once in a while they've done something that's lifted someone else up or that I would agree somehow was morally good. And we don't really have much intellectual humility around talking about good people compared to good action.

**Jackie Congedo** 33:47

Yeah.

**Dr. Cynthia Pury** 33:49

there's, there's a ton of statues in my community in Greenville. My favorite statue is honestly - and it all it doesn't exactly relate to courage or being a good person, but my favorite statue is of Robert Townes, who invented the laser. And it's a statue of him sitting on a park bench at the moment he came up with the idea for the laser which transformed our society, right? That's not a statue of it's not a statue of him. It is a statue of him, but it's, it's celebrating this moment of creativity that he had. And we don't often have statues like that for courage. They'll be you know, like a guy on horseback or, you know, this person standing sort of nobly...

**Jackie Congedo** 34:35

glorifies the person and not the act or not the the reason for the act.

**Dr. Cynthia Pury** 34:40

Yeah, I'm, I'm 99% positive there's a statue of Rosa Parks sitting on a bus. I'm 99% positive I've seen that, a picture of that somewhere. But to me, that's a much more meaningful statue. That's a much more meaningful thing to celebrate.

**Jackie Congedo** 34:58

Wow, that's so powerful, yeah,

**Dr. Cynthia Pury** 35:00

just an abstract kind of a thing. Like, in this moment, this person was like at their pinnacle.

**Jackie Congedo** 35:06

Yeah. Yeah. yeah.

**Dr. Cynthia Pury** 35:09

Or a pinnacle of a really amazing thing. And I think if we did more of that, and celebrated good actions that everyone can do. Yeah, I think we'd get further.

**Jackie Congedo** 35:26

Well, you've got to come hang out with us at the Holocaust & Humanity Center next time you're in town, because you will see all kinds of those moments celebrate when you're told, in fact, all kinds of dynamic ways. And I am so grateful to you for the moments we've had, together today, Dr. Cynthia Pury at Clemson who is doing amazing work to inspire the best of humanity and to help us understand the courage and the potential we all have. Thank you. Thank you. Thank you for for shedding light on this today and for being in conversation with this been a real pleasure.

**Dr. Cynthia Pury** 35:56

Thanks for asking me.

**Jackie Congedo** 35:59

The upstander ripple effect is a production of the Nancy and David Wolf Holocaust & Humanity Center. This series is part of the Cynthia and Harold Guttman Family Center for storytelling, visit us in person at historic union terminal in Cincinnati, Ohio or online at Holocaust & humanity center.org Listen anytime on iHeart, Spotify, Apple podcasts or you can visit holocaustandhumanity.org/podcast. You can also connect with us on Instagram and Tiktok @Holocaust&Humanity and X and Facebook @CincyHHC. Executive Producers are David Wise and Jackie Congedo. Managing producer is Anne Thompson. Consulting producer is Joyce Kamen. Director of studio production is Robert Mills. Studio camera operator and gaffer is Josh Emerson. Videography and editing are by Robert Mills. Opening sequence editor is Ken Furman. "Bright Dreams" Opening Theme Music is generously provided by Kick Lee. Recorded at Technical Consulting Partners studios in Cincinnati, Ohio.