In 1938, Swedish researcher and Nobel Laureate Gunnar Myrdal plunges into America's Jim Crow South. The resulting study, An American Dilemma (1944), poses a profoundly unsettling question: How can a people devoted to the American Creed of equality, justice and opportunity for all continue to erect obstacles to those ends based on race? Through Myrdal's story and contemporary racial dynamics, American Denial explores how denial, cognitive dissonance, and implicit bias persist and shape all of our lives.