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## Monsters and Men

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**Abstract**

This is a film review of *Monsters and Men* (2018), directed by Reinaldo Marcus Green.

**Keywords**

Racism, Police Brutality

**Author Notes**

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**Monsters and Men (2018), dir. Reinaldo Marcus Green**

*Monsters and Men* has a distinct plot and a specific social commentary. But the movie goes beyond these elements to ask some big questions. What does it mean to be a human being? A man? And what does it mean to be a monster? Something less than human?

The answer is that we are all capable of being both a man and a monster. Expressing our "humanity" does not always mean acting rightly, showing respect for others, expressing love, showing courage. Sometimes it means acting with cruelty, acting out of fear, being selfish, taking our anger out on others, and so on. We are complex creatures. Human beings are like "the force." There is the good side and then there is the dark side. If there were only monsters and only men we would be able to navigate life much more easily. Lock up the monsters and let the men show courage and express love. But since we all have the force within us, since we can all be monsters or men on different occasions, this movie points us in the direction of understanding our real place in the universe.