

## APA Piece on Where we go next to Heal Our Divides

**From:** Kirk Schneider

**Sent:** Wednesday, November 11, 2020 1:01 AM

Dear all,

I thought you might be interested in this excellent overview of some of the psychosocial approaches (including dialogue groups) to address our current and intensifying "polarized minds". See: <https://www.apa.org/monitor/2021/01/healing-political-divide>

Warmly,  
Kirk

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Latest books: *The Depolarizing of America: A Guidebook for Social Healing* <https://bit.ly/2NhHiTv>; *The Spirituality of Awe: Challenges to the Robotic Revolution Revised* <https://bit.ly/2U81Csz>; *The Polarized Mind* <https://amzn.to/2L7RQVU>; *Existential-Humanistic Therapy* <http://amzn.to/2BScgxm>;

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**From:** shashwat shukla

**Sent:** Wednesday, November 11, 2020 3:43 AM

Dear Kirk,

It is always a joy to read you insights, Thanks for this wonderful piece. I was reminded of the following Urdu couplet after delving into the article.

' Is Desh mein siaysat ka bas itna sa phasana hai,  
Basti bhi jalani hai aur matam bhi manana hai'

or

'In this country such is the discourse of our politics  
That they burn the bridges and yet cry at the ashes'

A comment on how politicians polarise us....

best regards,

Shashwat

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**From:** Liu, James

**Sent:** Wednesday, November 11, 2020 4:14 AM

Thanks for sharing this Kirk, and for working in this difficult space at this difficult time.

Sincerely  
James

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**From:** Merry Bullock - MerryBullock at mac.com (via iptaskforce list)

**Sent:** Wednesday, November 11, 2020 2:30 AM

Thanks for this – most important at this time. I have tried to forward broadly!!

Merry Bullock

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**From:** Kirk Schneider

**Sent:** Wednesday, November 11, 2020 1:30 PM

Thanks, Mary --and all who have responded.

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