Tolerance & Acceptance

where is the line in a polarizing society

Tolerance & Acceptance

where is the line in a polarizing society

Dr. Randy Roso, Ph.D.

Los Angeles - New York - Rotterdam

Auteur: Dr. Randy Roso, Ph.D. Cover design: CreasolConcepts ISBN: 978-9-4650-1799-0

Copyright © 2020, 2022, 2024 by Dr. Randy Roso, Ph.D.

All Rights Reserved. No part of this book may be reproduced in any manner without the express written consent of the publisher, except in the case of brief excerpts in critical reviews or articles. All inquiries should be addressed to CreasolConcepts, 8721 Santa Monica Blvd. Suite 880, West Hollywood, CA90069 or publishing@creasolconcepts.com

CreasolConcepts Publishing books may be purchased in bulk at special discounts for sales promotion, corporate gifts, fundraising, or educational purposes. Special editions can also be created to specifications. For details, contact the Special Sales Department, CreasolConcepts Publishing, 8721 Santa Monica Blvd. Suite 880, West Hollywood, CA90069 or publishing@creasolconcepts.com

CreasolConcepts® and CreasolConcepts Publishing® are registered trademarks of CreasolConcepts®, a Delaware corporation.

Visit our website at CreasolConcepts.com Published in the following languages: English | Dutch | Spanish | French | German

"It takes psychological resilience to be constantly exposed to opinions contrary to your own beliefs without negatively affecting your self-image or well-being."

— Randy Roso

Contents

FOREWORD	9
INTRODUCTION	11
SIUATION SKETCH	14
DEFINITION OF TOLERANCE EN ACCEPTANCE	18
THE LINE BETWEEN TOLERANCE AND SELF-PRESERVATION	22
UNDERSTANDING DIVERSE PERSPECTIVES	27
DEALING WITH POLARITY	32
COMMUNICATION AND DIALOGUE	37
SELF-REFLECTION	42
PRACTICAL TIPS	45
SUMMARY	50
FINAL WORD	55