

The Art of Civil Discussion

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Why is it that there seems to be such polarized discussion in politics these days? What is changing about us that we seem to have lost the ability to disagree in a civil manner and discuss? According to Charles Glassman, MD, our uncivil behavior stems from the way our brains operate. Our ingrained survival instincts are being tested as the issues of the day become overwhelmingly stressful, and the fear of the future is causing our natural "fight or flight" response to kick in.



Dr. Charles Glassman

Dr. Glassman offers five ways to tame our impulses and control our knee-jerk reactions, and discusses how all of us can stop our own personal brain drain and begin shaping a happy and fully satisfying life. He shares tips for talking with your doctors, working with them to find the best answers for you. It's important to bring all your symptoms into the conversation, and draw upon the expertise and experience of the physician to analyze the symptoms, prescribe tests to clarify what may be going on, and help you arrive at the best answers for you.

For more information, see:

<http://www.charlesglassmanmd.com/>

Dr. Glassman's book, [Brain Drain](#), can be found at [Amazon](#)