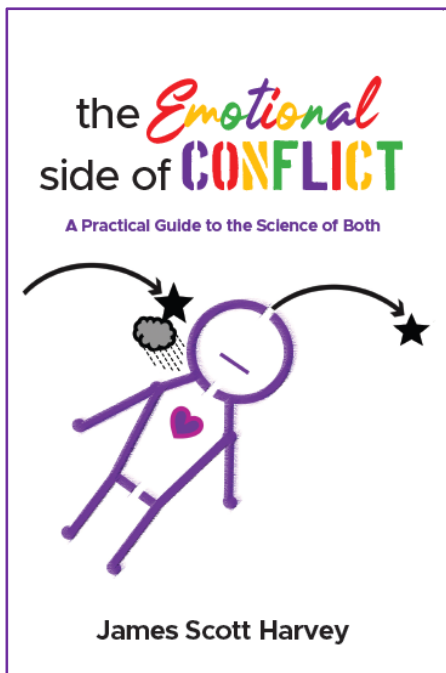


An Evidence-Based Book focused on the science of *Human Emotions*



Distilling the Scientific Literature into Useful Accessible Information,

Including:

THE CHALLENGE OF MANAGING OUR EMOTIONS
THE EMOTIONAL SYSTEM
THE IMPLICIT BIAS PHENOMENON

HOW ALL CONFLICT STARTS AND ENDS INSIDE OUR
HUMAN BRAIN, DRIVEN BY EMOTIONS.

and then

Provides Some Practical Advice Based on It.

TWELVE STRATEGIES OFFER TO HELP PUT THIS SCIENCE INTO ACTION.

The Emotional Side of Conflict: A Practical Guide to the Science of Both
by James Scott Harvey is now available to *order* wherever books are sold in:
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East Prairie Lane Press

The Emotional Side of Conflict: A Practical Guide to the Science of Both

by James Scott Harvey (2023)

Core Themes of the Book

EMOTIONS DESCRIBED
CONFLICT DESCRIBED
SCIENCE INTO ACTION

Emotions Described

Emotions are natural universal biological functions:

1. Needed to survive in the world by giving meaning in the present to the experiences of life.
2. Words used to talk about these natural functions include negative and positive emotions, as well as feelings, moods, affect and bias.
3. Unconscious hidden Bias is needed to make decisions by leaning toward one option and against another, thus helping us to make the choices used to navigate in the world.

Conflict Described

All conflict starts and ends in the brain, driven by emotions. It is not if a conflict will happen, but when.

1. Conflict is simply part of living life, driven by wide variety of reasons forming in our minds. It may be based on live events, something recalled, or imagined, giving a sense of struggle, ill will, or hostility.
2. Conflict is driven by the biological reality of how human emotions give meaning.
3. Dispute arises when one side uses the conflict to make a direct claim against another and acts.

Science Into Action

This is an Evidence-Based Book because it:

1. Distills the science of human emotions flowing from solid research into useful information.
2. Follows the evidence where it leads in order to establish fact patterns.
3. Provides some practical advice based on the science with twelve strategies offered to help improve relationships and reduce conflict.

* Notes on solid research

1: *Information* is an interpreted set of data;

Valid means the data collected measured what it was supposed to;

Reliable means there was consistency in the data measurement.

2: The burden of proof is on the one making the claim. To address the burden of proof in this book, the Endnotes section documents the primary sources used.