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Cover:                      “This Tree has No Name”
                           Photo by Paul D. Johnston

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When people “lose it,” what do they lose? Is ‘emotion’ the polar opposite of ‘thinking’? Susan Presby Kodish refutes the separation of thoughts and feelings and demonstrates why they are interrelated. In Using General Semantics to Manage ‘Emotions’ Kodish suggests that we “… flag emotion as problematic by using the extensional safety device of single quotes: ‘emotion.’” We should use the extensional hyphen: thoughts-feelings. Or we might avoid the term emotions and use evaluations instead. “And what does ‘managing evaluations’ refer to? I favor the phrase, effective self-management, the details of which are unique for each individual.”

Gloria Steinem rejects the traditional nature-nurture argument. For her, it is not either-or, but both. In A Balance Between Nature and Nurture, Steinem asserts that “we’ve been seduced into asking the wrong question” by both conservatives and liberals. “I believe that a unique core self is born into every human being — the result of millennia of environment and heredity combined in an unpredictable way that could never happen before or again.”

Students with poor kinesthetic feedback may not adequately feel their own hand movements. For more on how this affects learning, see Cornelis Weggelaar’s Kinesthetic Feedback and Dyslexic Students Learning to Read and Write.

From a lecture by Neil Postman, Janet Sternberg offers Neil Postman’s Advice on How to Live the Rest of Your Life, “Postman’s lecture about how to survive in a culture that is disintegrating, his collection of ideas about what to do until things improve, included 22 rules, laws, maxims, and sayings …”

In The Cousin that Wasn’t, Paul Dennithorne Johnston’s fictional GS Detective makes another appearance, but his case is “going nowhere.” Encouraged
by his friend, the detective grudgingly turns to Alfred Korzybski’s Structural Differential diagram, and makes an important breakthrough.

What we hear and see in entertainment and art effects us in many ways, not all of them positive. In a free society, where we can’t always avoid exposure, David F. Maas makes a case for Safeguarding Against “Neuro-Semantic Pollution.”

To help students avoid negative self talk harmful to themselves and others, Lois Einhorn designed an upper-level undergraduate course on Compassionate Nonviolent Communication. “I came up with an idea after noting how frequently I heard students naming, blaming, and shaming themselves — saying things like ‘I’m a moron’ or ‘I’m lazy’ and labeling themselves with words such as ‘ugly,’ ‘stupid,’ ‘slow,’ and ‘foolish.’ They seemed to take their labels as facts.” To Einhorn, the need for Using E-Prime and English Minus Absolutisms to Provide Self-Empathy is part of the bigger picture: “If peace really begins at home, I needed to change the ways students spoke about themselves.”

Rather than expressing anger, we can avoid it. “Many programs focus on teaching children how to express anger in socially acceptable ways. While there may be some benefit in this, general semantics can help individuals to avoid anger in the first place,” asserts Martin H. Levinson in his Anger Management and Violence Prevention: A Holistic Solution. For unique ways to manage this often destructive emotion, see Katherine Liepe-Levinson’s Anger Management Using the Actor’s Skills and General Semantics.

Are Metaphors “Everywhere”? “I decided to reach into the bookshelves in my office, pick out three random sentences from three random books, and see what I could find related to metaphors,” reports Raymond Gozzi, Jr.

Nora Miller examines The Challenge of a Fundamental Dichotomy. What can we offer to help soothe the global polarization brought about the publication of 12 cartoons in the Danish newspaper Jyllands Posten? “I don’t have an answer,” she writes, “although I certainly believe that general semantics provides an outline for conflict resolution.”

In news reporting, do we sometimes sacrifice accuracy for speed? While the problem is not that simplistic, we do need to examine our priorities, argues Gregg Hoffmann, in Mining Tragedy Raises Questions about Instant Info.

Did you know that the Greeks defined democracy differently than we do, the Romans didn’t particularly care for it, and the word “democracy” does not appear in the Declaration of Independence or the federal Constitution? Martin H. Levinson discloses why Democracy Here is Not Necessarily Democracy There.