# Polarization: A Toxic Force in American Politics



Party Wars: Polarization and the Politics of National Policy Making (The Julian J. Rothbaum Distinguished Lecture Series Book 10) by Barbara Sinclair

★★★★★ 4.8 out of 5
Language : English
Text-to-Speech : Enabled
Enhanced typesetting: Enabled
Word Wise : Enabled
File size : 2633 KB
Print length : 427 pages

Screen Reader



: Supported

#### The Impact of Polarization on National Policy Making

Polarization is a major problem in the United States today. It is a state of extreme division in which people are divided into two opposing camps, each of which has its own set of beliefs and values. This division makes it difficult for people to find common ground and to work together to solve problems.

Polarization has a number of negative consequences for the American political system. It makes it difficult for Congress to pass laws, for the president to get his agenda implemented, and for the Supreme Court to make decisions that are accepted by both sides.

Polarization also makes it difficult for people to have civil conversations about politics. When people are polarized, they are more likely to see the other side as evil and to believe that there is no point in trying to find common ground.

The rise of polarization in the United States is a relatively recent phenomenon. It began in the 1970s, and it has accelerated in recent years. There are a number of factors that have contributed to this rise, including the decline of the middle class, the rise of social media, and the increasing influence of money in politics.

Polarization is a serious problem for the United States. It is a threat to our democracy and to our ability to solve the problems that we face. We need to find ways to overcome polarization and to bring people together.

#### **How to Overcome Polarization**

There is no easy solution to the problem of polarization. However, there are a number of things that we can do to overcome it.

First, we need to be aware of the problem and its causes. We need to understand how polarization works and how it affects our politics.

Second, we need to be willing to listen to each other. We need to be willing to understand the other side's point of view, even if we don't agree with it.

Third, we need to be willing to compromise. We need to find ways to find common ground and to work together to solve problems.

Overcoming polarization will not be easy, but it is essential. We need to find ways to bring people together and to restore civility to our politics.

#### **Additional Resources**

- How Political Polarization Is Changing the Brains of Americans
- America's Political Divisions Deepen in the Trump Era
- How to Overcome Polarization



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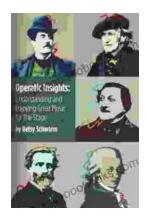
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