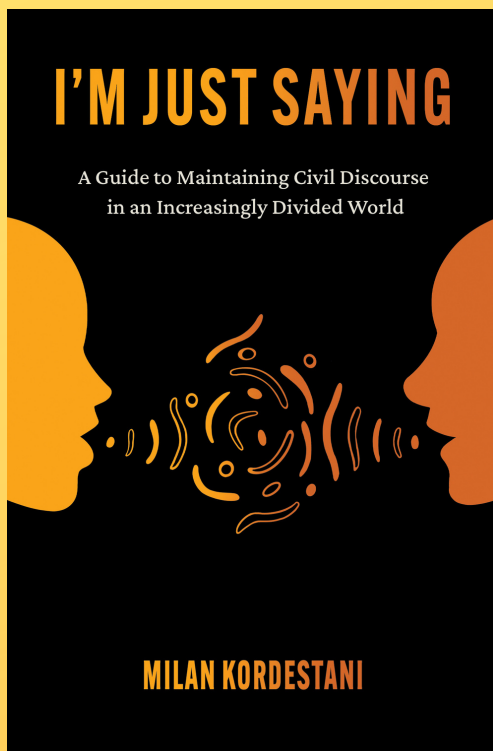


A Guide to Maintaining Civil Discourse in an Increasingly Divided World



I'm Just Saying

By Milan Kordestani

"I'm just saying." These three little words that tend to follow an intense debate are a signal that someone has given up on listening or being understood. They've dug into their position, and there will be no budging – an unfortunate symptom of living in a divided world.

The lack of civil discourse and constructive conversations motivated the 24-year old three-time business founder Milan Kordestani to found The Doe – an anonymous digital publication promoting open-minded discussions and restoring civil discourse. It also led him to write *I'm Just Saying: A Guide to Maintaining Civil Discourse in an Increasingly Divided World*.

Incorporating contemporary case studies and personal experience, *I'm Just Saying* shows readers—from young adult to seniors—how to engage in civil conversations while having a difference of opinion. Milan reflects on influential leaders and their styles of effective communication, and even shares his own successes and failures in civil discourse—including an instance where a viral tweet taught him the importance of nuance and privilege. *I'm Just Saying* also unpacks:

- The role our explicit and implicit biases play in our approach to discourse and how to identify and address those biases.
- The importance of being open to constructive criticism.
- How tone can make or break your argument.
- Tips for practicing active listening, and much more.

In a world fueled by arguments and outrage, *I'm Just Saying* offers insight and tools to navigate necessary difficult conversations, offering a much-needed infusion of kindness in an increasingly contentious society.

BOOK DETAILS:

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About the Author

MILAN KORDESTANI is an entrepreneur, writer, and founder of several companies oriented toward giving individuals control over their own discourse and creation. As an emerging thought leader and communicator, Kordestani is on an expedited trajectory to become a prominent, globalized voice for a new generation. Kordestani has written for numerous online publications, including Rolling Stone, Huffington Post, Entrepreneur.com, ThriveGlobal, and other platforms. He regularly covers topics in entrepreneurship, self-help, startup culture, the environment, leadership, and media. He currently lives in Los Angeles, where he enjoys disruptive tech, green innovation, and purpose-driven music. *I'm Just Saying* is his first book.



TALKING POINTS

- The importance of engaging in civil discourse in a polarized world.
- The challenges of maintaining civility in online interactions and social media.
- Strategies for communicating effectively with those who hold differing viewpoints.
- The need for empathy and active listening in order to understand and connect with others.
- The role of personal values and principles in shaping our communication and interactions with others.