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## **COMPLETE LIST OF PUBLICATIONS**

**By Dr. Kenneth Silvestri**

*(As of July 02, 2025)*

Links to selected articles are available on my web site under ***Publications***.

### ***How to Sustain and Improve Empathy***

Psychology Today, June 20, 2025,

<https://www.psychologytoday.com/us/blog/a-wider-lens/202505/how-to-sustain-and-improve-empathy>

### ***Exploring Love Through Poetry***

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<https://www.psychologytoday.com/us/blog/a-wider-lens/202503/how-to-reduce-stress-and-negativity>

### ***How to Expand Our Relationships***

Psychology Today, February 3, 2025

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### ***How to Walk on The Wild Side***

Psychology Today, December 19, 2024,

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### ***How Communication Pauses Improve Interpersonal Relationships***

Psychology Today, October 1, 2024,

<https://www.psychologytoday.com/us/blog/a-wider-lens/202408/how-to-cope-with-social-polarization>

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Psychology Today, June 28, 2024,

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### ***The Ecology of Anger***

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### ***Hope as an Antidote to Fear***

Psychology Today, February 27, 2024,

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### ***How to Create New Relationship Possibilities***

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### ***The Value of Poetic Expression***

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### ***The Value of “Warm Data”***

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### ***What Your Legacy Can Tell You***

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### ***Train Romance,: A collection of poems and images by Dr. Ken Silvestri, Cat Weaver and Natasha Rabin.***

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### ***The Use of Mutual Learning for Relational Self-Fulfillment***

Psychology Today, Dec 21, 2021,

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<https://www.psychologytoday.com/us/blog/wider-lens/202110/holograms-acorns-and-self-fulfillment>

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<https://medium.com/@drkennethsilvestri/collaboration-is-contagious-the-rewards-of-mutual-learning-and-understanding-our-interdependency-62a5393228ec>

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Psychology Today, Dec 30, 2019,

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***Surely, We Need Not Only to Be in Harmony But to Sustain it***

Psychology Today, Dec 01, 2019,

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### ***Who Do You Think You Are?***

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Psychology Today, December 28, 2018,

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Psychology Today, November 19, 2018,

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Tuxedo Park Magazine, Winter, 2016-17

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