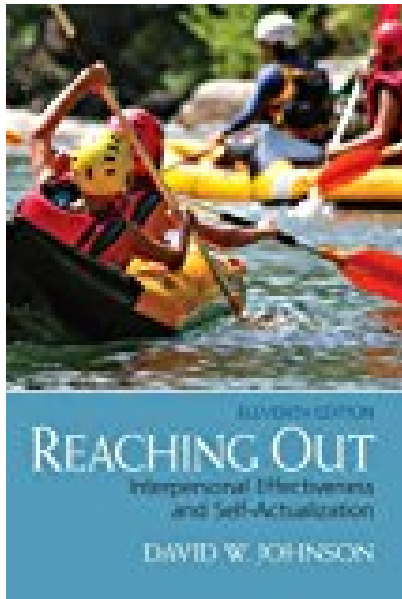


Reaching Out Interpersonal Effectiveness and Self-Actualization 11th Edition



BOOK DETAILS

- Author : David H. Johnson
- Pages : 416 Pages
- Publisher : Pearson
- Language : English
- ISBN : 0132851016

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BOOK SYNOPSIS

Now in its tenth edition, *Reaching Out*, the most comprehensive, practical and applied text available on interpersonal skills, remains squarely focused on the dynamics found in virtually all interpersonal relationships. With new information about online interaction and relationships, expanded content on barriers to communication, and revised content throughout, the text continues to keep pace with the latest theories, sources of interpersonal communication and research in the field. By reviewing current psychological research on how to build and maintain friendships and then integrating this material with a rich array of skill-building exercises, the text provides a thorough and appealing approach to learning about interpersonal skills. The examples featured in the text provide both contemporary and historical illustrations of how interpersonal skills have had significant effects on important events across many disciplines. In reading this engaging and accessible text, readers acquire the skills and knowledge to do the following: a) get to know and trust each other; b) communicate with each other accurately and unambiguously; c) resolve conflicts and relationship problems constructively; and d) encourage and appreciate diversity. No matter what occupations or relationships students undertake, their success will largely be determined by how skilled they are interpersonally. With this effective resource for learning about the basic interpersonal skills, its audience will begin a journey of continuous improvement.

REACHING OUT INTERPERSONAL EFFECTIVENESS AND SELF-

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