



Reaching Out: Interpersonal Effectiveness and Self-Actualization (9th Edition)

By David R. Johnson

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Reaching Out remains focused on the dynamics found in virtually all interpersonal relationships and continues to keep pace with new theory from a balanced, integrated perspective that includes numerous experiential exercises and examples. 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. Text examples provide both contemporary and historical illustrations of how interpersonal skills have had significant effects on important events across many disciplines. 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 text, students begin a journey of continuous improvement.

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Editorial Review

From the Back Cover

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Readers acquire the skills and knowledge to do the following:

- Get to know and trust each other
- Communicate with each other accurately and unambiguously
- Resolve conflicts and relationship problems constructively
- Encourage and appreciate diversity

No matter what occupations or relationships students undertake, their success will largely be determined by how the strength of their interpersonal skills. With this text, students begin a journey of continuous improvement.

For a list of Updated and New Topics presented in this edition please see the inside front cover of this text.

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Users Review

From reader reviews:

Katrina Roberts:

Typically the book *Reaching Out: Interpersonal Effectiveness and Self-Actualization* (9th Edition) has a lot details on it. So when you check out this book you can get a lot of profit. The book was written by the very famous author. The writer makes some research just before write this book. This kind of book very easy to read you can obtain the point easily after reading this article book.

Paul Blum:

Reading can called imagination hangout, why? Because while you are reading a book particularly book entitled *Reaching Out: Interpersonal Effectiveness and Self-Actualization* (9th Edition) the mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can be your mind friends. Imaging every word written in a e-book then become one form conclusion and explanation that maybe you never get before. The *Reaching Out: Interpersonal Effectiveness and Self-Actualization* (9th

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Carolyn Fletcher:

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James Hopwood:

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