



Reaching Out: Interpersonal Effectiveness And Self-actualization

By David W. Johnson



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Reaching Out provides the theory and experience necessary for students to develop effective interpersonal skills. 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. 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 become involved in, their success will largely be determined by how skilled they are interpersonally. With this book, students begin a journey of continuous improvement.



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Reaching Out: Interpersonal Effectiveness And Self-actualization By David W. Johnson Bibliography

- Sales Rank: #5748755 in Books
- Published on: 1986-02
- Original language: English
- Number of items: 1
- Binding: Paperback
- 336 pages

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