



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

*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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