



Person to Person: Positive Relationships Don't Just Happen (5th Edition)

Sharon L. Hanna, Rose Suggett, Doug Radtke

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Highly practical and easy-to-read--yet thoroughly grounded in recent psychological and sociological research, this book provides a complete tutorial on the personal and interpersonal skills that underlie the process of building developing healthy, fulfilling professional and personal relationships. It guides readers in taking responsibility for themselves, making wiser choices, improving their relationships, appreciating all kinds of diversity, and living happy, fulfilling, and productive lives. "Reflections and Applications" sections provide easily accessible, hands-on, user-friendly assignments and activities. Knowing and Valuing Yourself. Understanding Yourself Throughout the Life Span. Exploring Values and Making Wise Choices. Achieving Happiness and Satisfaction. Experiencing and Expressing Emotion. Becoming a Positive Listener. Improving Communication: How to Send Messages. Improving Communication: What to Say. Building Positive Relationships. Succeeding in Your Career. Developing and Enriching Intimate Relationships. Strengthening Family Relationships. For those interested in improving their interpersonal communication skills, both professional and personal.

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