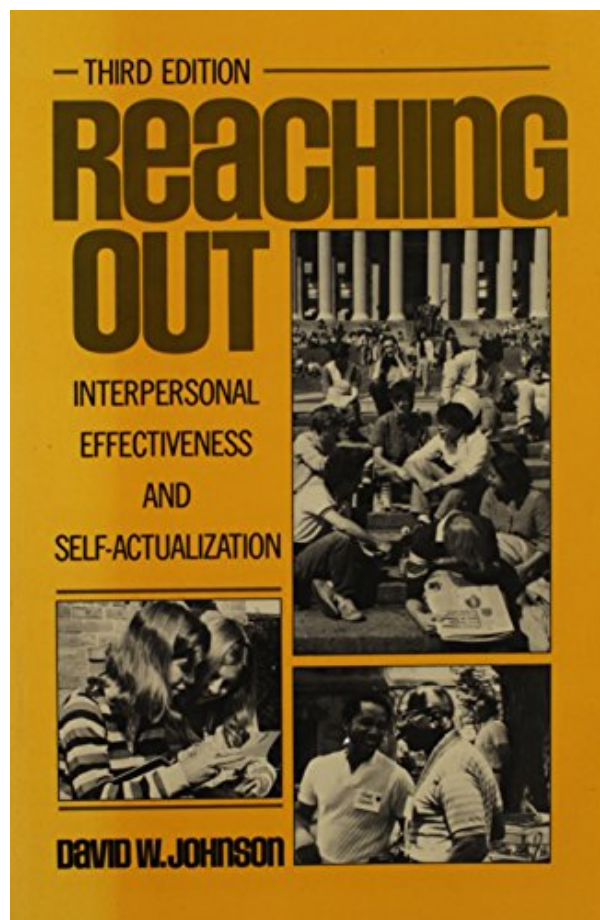


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What this book clearly demonstrates is that effective interpersonal skills are essential to the development and maintenance of any relationship - from family to friendship to work. That many of the personal and professional problems we experience everyday are the result of inadequate communication skills, lack of trust and self-disclosure, and inability to manage conflicts, anger, and stress.

Of special significance to more than half of the US population who report being shy, the author acknowledges the sometimes devastating impact of social fears on relationships and includes a section on working through shyness.

While the book is about skill building, it isn't just an exercise book. On the contrary, it smartly integrates psychological research data, theory, and exercises into a thought-provoking, readable volume. The approach is get-out-there-and-do-it experiential learning. Even though "Reaching Out" is an excellent text for classroom use, it is also very informative, practical, and useful for the self-help reader.

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