



# Interpersonal Essentials

*Melanie Booth-Butterfield*

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**Interpersonal Essentials** Melanie Booth-Butterfield

**This brief, introductory text approaches interpersonal communication from a no-nonsense, real-life perspective.**

Conversational yet thoroughly research-based, this book covers the progression of skills necessary in relationships, from understanding yourself alone and in various relationships (self concept, needs, and perception) to developing and maintaining good relationships (verbal and nonverbal messages, listening, and disclosing).

This text also explores what relationships require for growth (expressing emotions, influence, and decision-making) and how to handle relationship communication when there are problems (ending relationships, fighting, differing needs). With an emphasis on essential skills and theory, this text engages students and provides a solid fundamental basis for their future.

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