



Reflect and Relate: An Introduction to Interpersonal Communication

Steven McCornack

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In *Reflect & Relate*, distinguished teacher and scholar Steve McCornack arms students with the best theory and most up-to-date research and then helps them relate this knowledge to their own experiences. With an emphasis on critical self-reflection, *Reflect & Relate* gives students the practical skills to work through life's many challenges using better interpersonal communication. The sound theory, clear explanations, lively writing, practical activities, and vibrant design all work toward a single goal: Teaching students to make better communication choices so they can build happier and healthier interpersonal relationships.

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