



## Messages: The Communication Skills Book

*Matthew McKay PhD, Martha Davis PhD, Patrick Fanning*

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Many people assume that good communicators possess an intrinsic talent for speaking and listening to others, a gift that can't be learned or improved. The reality is that communication skills are developed with deliberate effort and practice, and learning to understand others and communicate your ideas more clearly will improve every facet of your life.

Now in its third edition, *Messages* has helped thousands of readers cultivate better relationships with friends, family members, coworkers, and partners. You'll discover new skills to help you communicate your ideas more effectively and become a better listener. Learn how to:

- Read body language
- Develop skills for couples communication
- Negotiate and resolve conflicts
- Communicate with family members
- Handle group interactions
- Talk to children
- Master public speaking
- Prepare for job interviews

If you can communicate effectively, you can do just about anything. Arm yourself with the interpersonal skills needed to thrive.



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