



Human Relations: The Art and Science of Building Effective Relationships

Vivian McCann

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Relationships are the very foundation of our lives. Whether personal or professional, our ability to understand and communicate effectively with the people in our lives can make the difference between a satisfying, fulfilling life and one filled with tension and frustration. With this in mind, it's surprising that so few of us take the time to critically examine the makeup and workings of these connections. Here, with Vivian Hamilton's *Human Relations: The Art and Science of Building Effective Relationships*, we are given the opportunity to do so. This text examines human relations by integrating key components of successful relationships: internal influences on thoughts, feelings, and behaviors; external or sociocultural influences; and communication principles and skill building. These main features help drive students towards better understanding and more effective communication within all of their relationships.

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