

BOOK REVIEW

REACHING OUT: INTERPERSONAL EFFECTIVENESS AND SELF-ACTUALIZATION

By David W. Johnson. Englewood Cliffs, N.J.: Prentice-Hall, 1972. Pp. ix + 269.

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Reaching Out is subtle in its approach to the reader who may at first be naively duped into thinking that the book is basic, superficial and written for very immature readers. This is not the case. This book is deep, thought-provoking, and has an immense therapeutic value.

The aim of the book is "to fill the gap between the findings of research on interpersonal interaction and the application of this knowledge to the development of interpersonal skills."

Reaching Out is all about improving interpersonal skills by better communication, by deeper trust, by reaching solutions for interpersonal conflicts, etc. This text could very well be used for a course in "Interpersonal Communication" for high school students. It could also help the already delinquent youth or the lonely adult. The idea that seems to predominate and which was, perhaps, the main reason for the author's publication of his findings, is the value that it could be in peer counselling. We adult counsellors have to admit more and more that youth can be helped by youth. Mr. Johnson has given the young counsellor some skills and a rationale whereby he can effectively help his fellow in need.