• Book: Interpersonal Communication - A Mindful Approach to Relationships (Wrench et al.)

The text incorporates the latest communication theory and research to help students navigate everyday interpersonal interactions and cover topics typically taught in an undergraduate interpersonal communication course: family interactions, interpersonal dynamics, language, listening, nonverbal communication, and romantic relationships emerging areas such as self-compassion, body positivity, friendships, and “the dark side”.

- Front Matter
- 1: Introduction to Human Communication
- 2: Overview of Interpersonal Communication
- 3: Intrapersonal Communication
- 4: Verbal Elements of Communication
- 5: Nonverbal Communication
- 6: Cultural and Environmental Factors in Interpersonal Communication
- 7: Talking and Listening
- 8: Building and Maintaining Relationships
- 9: Conflict in Relationships
- 10: Friendship Relationships
- 11: Family and Marriage Relationships
- 12: Interpersonal Communication in Mediated Contexts
- 13: Interpersonal Relationships at Work
- 14: The Dark Side of Interpersonal Communication
- Back Matter
• GT-SS3: Intercultural Communication

○ Front Matter
○ 1: Culture and Communication
○ 2: Cultural Diversity and Context
○ 3: Verbal Communication
○ 4: Nonverbal Communication
○ 5: Obstacles to Intercultural Competence
○ 6: Improving Intercultural Communication
○ Back Matter

• Journalism in the Digital Age

○ Front Matter
○ 1: Introduction to New Media
2: Media Business
4: Online Journalism
5: New Media Audiences
6: Introduction to New Media Ethics
7: The Information Age
8: Media Law
9: News Writing
10: Internet Communication
Back Matter