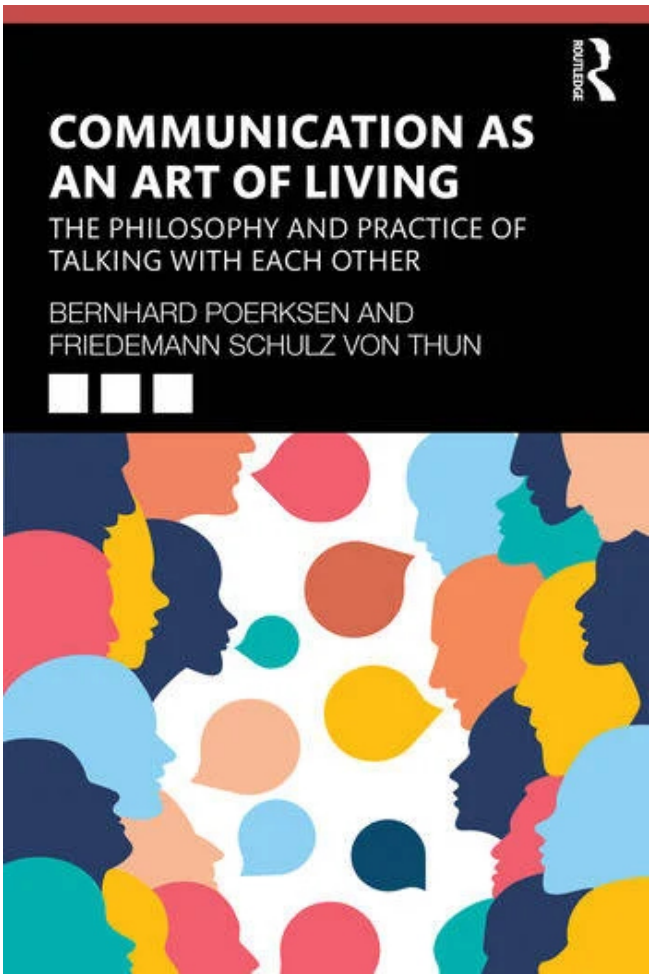
New Book by Bernhard Poerksen and Friedemann Schulz von Thun

Communication as an Art of Living: The Philosophy and Practice of Talking with Each Other

Why, the psychologist Friedemann Schulz von Thun and the media studies scholar Bernhard Poerksen ask, do communication recipes never work? What does it mean to be silent? With how many ears do we listen? Why are misunderstandings normal? How can we offer criticism without being hurtful? How can we escape the maelstrom of conflict and polarization? Is communication an art of living?

In this book, Friedemann Schulz von Thun and Bernhard Poerksen, two prominent representatives of their respective fields, provide an introduction to modern communication psychology in dialogic form – humorous and serious, and fascinated by the big questions of human existence, the search for meaning, truth, and happiness in the face of mortality, illness, and death. Models such as the inner team, the communication square, and the value square are presented to an English-speaking audience for the first time. These models and practical tools suitable for everyday use have long been a fixture of coaching, mediation, and consultancy in the German-speaking world. They are taught at schools and universities and have provided new insights to millions of people on the path to successful communication.



"This book brings into view the programmatic core of humanistic psychology – rather than focusing on defects, deficiencies, and pathologies, it recognizes and concentrates on opportunities for personal growth and on human potential. Bernhard Poerksen and Friedemann Schulz von Thun offer communication tools for everyone – paving the way towards better communication and perhaps also to a better life. Fascinating."

Michael Murphy (Founder of Esalen Institute, the birthplace of the Human Potential Movement)

Bernhard Poerksen,
Friedemann Schulz von Thun
Communication as an Art of Living: The Philosophy and Practice of Talking with Each Other

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Bernhard Poerksen, born 1969, is professor of media studies at the University of Tuebingen with a particular research interest in the new media age. His books about systemic thinking (e.g., with the cyberneticist Heinz von Foerster and the neurobiologist Humberto Maturana) are also available in English. In 2008 he was selected "Professor of the Year" and honored for his teaching. His most recent book publication in English is *Digital Fever: Taming the Big Business of Disinformation* (2022).

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Friedemann Schulz von Thun, born 1944, was professor of psychology at the University of Hamburg from 1975 until 2009. He became widely known for his trilogy *Miteinander reden* (*Let's Talk!*), which has long been considered a standard work in the field of communication. Since 2007, he has directed the Schulz von Thun Institute for Communication. He holds an honorary doctorate in economics from the University of St. Gallen and is still active as a consultant and coach. His bestselling books are among the most widely read works of psychology in the German-speaking countries.