He isn’t that Jon Stewart, but more than a million folks have profited from his four decades of studying, training, teaching, and writing about interpersonal communication. *U&ME* is the culmination of his career, a readable self-help book that’s substantive and solidly practical. It explains how there’s nothing more important to the quality of your life than your relationships, and nothing more important to your relationships than the ways you listen and talk.

John started preparing to write *U&ME* in 1973 when he published the first edition of *Bridges Not Walls: A Book About Interpersonal Communication*. It became a best-selling textbook that’s been used at over 300 colleges and universities in the U.S., Canada, Northern Europe, and the Pacific Rim. The 11th edition was published in 2012, and total sales of this title top 400,000.

Two years later, John co-authored *Together: Communicating Interpersonally*, another text currently in its 6th edition. He also began providing communication consulting services to architects, engineers, public employees, physicians, accountants, and attorneys. One of John’s favorite consulting activities was coaching the teams of architects and engineers who were competing for the contracts to design major bridges, highways, and water treatment plants.

John’s been a visiting teacher-scholar at dozens of schools, including the U of Hawaii, Gonzaga, Fresno State, the U of South Florida, Wake Forest, Texas A&M, Duquesne, & St. Cloud State. Many of his students now teach communication around the country, and the design teams he coached won their competitions more than 70% of the time.

John’s received awards for his teaching and published dozens of research articles and two scholarly books. But his main love has always been translating insights about communication into terms that laypeople can easily understand and practical skills that everybody can apply.

He’s learned over these years about the close connection between the quality of our communication and the quality of our lives. Excellent communicators don’t just dazzle, hustle, and spin; they *connect* with individuals and audiences in ways that enhance lives, because their communicating is, as *U&ME* explains, “as personal as possible.”

This doesn’t mean Polyanna agreement or touchy-feely superficiality. It means that the people involved access what neuroscientists call the “personal” parts of their brain to give out and take in aspects of what make them persons—their uniqueness, choices, emotions-spiritpsyche, and mindful reflectiveness. When these connections replace some of the impersonal tweets, Facebook posts, memos, boring agendas, and mass mailings, lives are enhanced.

If you’re interested in enhancing the quality of your life by enhancing your everyday communicating, *U&ME* can help.