

Conversations Worth Having, Second Edition

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Synopsis

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Now in a second edition, this classic book shows how to make conversations generative and productive rather than critical and destructive so people, organizations, and communities flourish.

We know that conversations influence us, but we rarely stop to think about how much impact they have on our well-being and ability to thrive. This book is the first to show how Appreciative Inquiry - a widely used change method that focuses on identifying what's working and building on it rather than just trying to fix what's broken - can help us communicate more effectively and flourish in all areas of our lives.

By focusing on what we want to happen instead of what we want to avoid and asking questions to deepen understanding and increase possibilities, we expand creativity, improve productivity, and unleash potential at work and home. Jackie Stavros and Cheri Torres use real-life examples to illustrate how these two practices and the principles that underlie them foster connection, innovation, and success.

This edition has been revised throughout with new examples; updates on the latest supporting research in neuroscience, positive science, and positive psychology; and a discussion guide. It also features a new chapter on what the authors call *tuning in*: cultivating awareness of how our physical and mental state affect our perceptions, emotions, and thoughts as we engage in conversation.

This book teaches you how to use the practices and principles of Appreciative Inquiry to strengthen relationships, build effective teams, and generate possibilities for a future that works for everyone.

Reader's comments

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