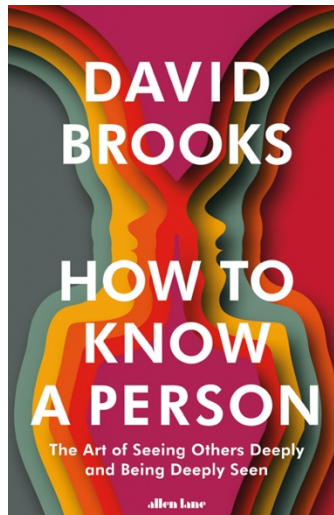


Press release:

How to Know a Person
The Art of Seeing Others Deeply and Being Deeply Seen
by DAVID BROOKS
Published by Allen Lane, 24th October 23



'One of the most prominent public intellectuals of our time.' **Washington Post**

A practical, heartfelt guide to the art of truly knowing another person to help foster deeper connections at home, at work, and throughout our lives - from the #1 *New York Times* bestselling author of *The Road to Character* and *The Second Mountain*

If you are going to care for someone, you must first understand them. If you're going to hire, marry, or befriend someone, you have to be able to see them. If you are going to work closely with someone, you have to be able to make them feel recognized and valued. As David Brooks observes, "*The older I get, the more I come to the certainty that there is one skill at the centre of any healthy family, company, classroom, community or nation: the ability to see each other, to know other people, to make them feel valued, heard and understood.*"

And yet we humans don't do this well. All around us are people who feel misunderstood, unseen, invisible. In *How to Know a Person*, Brooks sets out to help us to do better, posing questions that are essential for all of us. If you want to know a person, what kind of

attention should you cast on them? What kind of conversations should you have? What aspects of a person's story should you pay attention to?

Driven by his trademark curiosity, Brooks draws from the fields of psychology and neuroscience, and from the worlds of theatre, history, and education, to present a welcoming, hopeful, integrated approach to human connection. *How to Know a Person* helps readers become more understanding and considerate towards others; it helps readers find the joy that comes from being seen. Along the way it offers a possible remedy for a society that is riven by fragmentation, hostility, and misperception.

The act of seeing another person, Brooks argues, is a profoundly creative act: How can we look somebody in the eye and see something large in them, and in turn, see something larger in ourselves? *How to Know a Person* is for anyone searching for connection, seeking to understand, and yearning to be understood.

Author bio: David Brooks is one of America's leading writers and commentators. He is an op-ed columnist for *The New York Times* and broadcaster. He is the bestselling author of *The Second Mountain*, *The Road to Character*, *The Social Animal*, *Bobos in Paradise* and *On Paradise Drive*.

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