New Self-Help book, The Human Language by Penny Newton-Hurley

Develop psychological safety & improve relationships. Launching The MECAnism, a practical framework



DALLAS, TX, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- About the Book

Non-Fiction, Self-Help, Business, Parenting, Mind/Body/Soul, Inspirational
Publisher: Serapis Bey Publishing

As human beings, we have a deep need for social connection, yet our primitive fight-or-flight response can be a major barrier to achieving it, leading to misunderstanding, conflict and disconnection.

Fortunately, there is a solution.

The Human Language delivers a compelling message. By replacing our habitual, learned patterns of communication we can experience greater understanding, empathy and connection in our relationships, transforming our lives.

About the Author

Penny Newton-Hurley is the founder of CommPassion Ltd. She has worked with large private organisations in the UK and globally, and in the public sector across the areas of government, military, healthcare and education for more than 30 years. CommPassion provides training in interpersonal communication skills, resolving conflict between individuals and building psychological safety within teams for higher workplace and relationship performance.

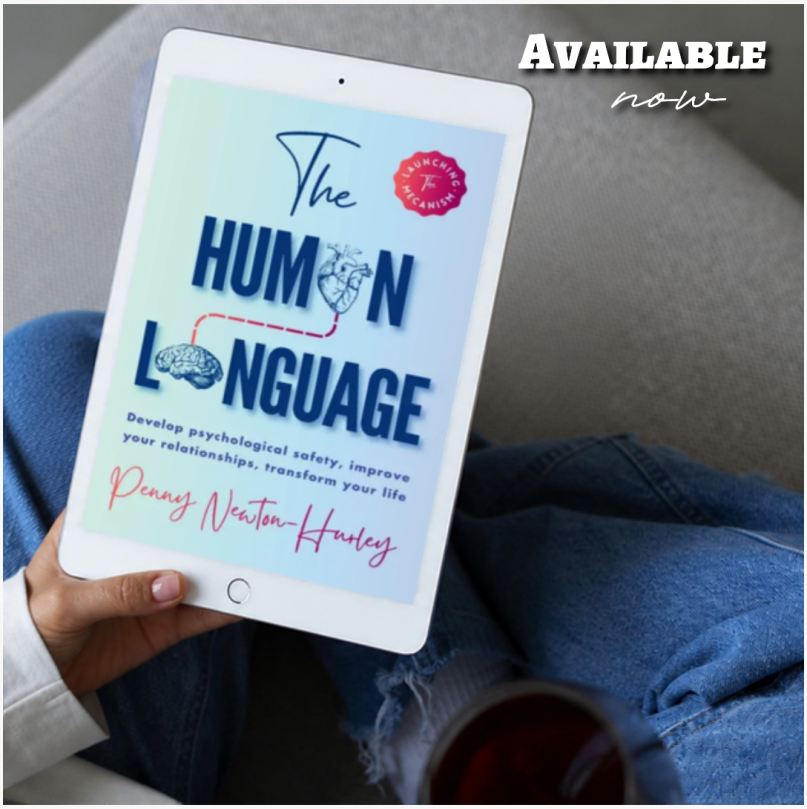
In 2025, her company launched their first four online courses, taking their expertise and experience from the world of business directly to individuals in all areas of their lives. This book reveals the details behind her courses and supports the learning of improved communications

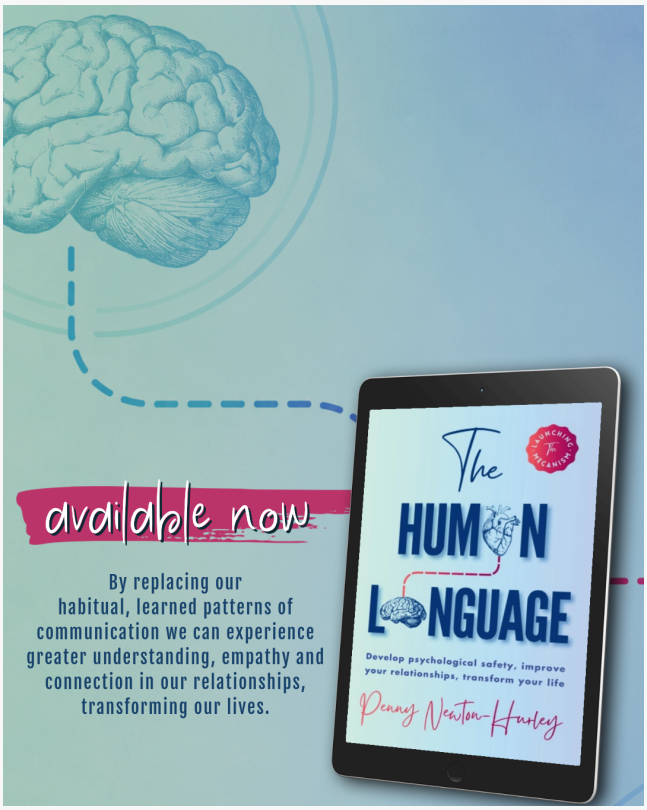
skills.

Communication has been a fascination for Penny since childhood, when she spoke with her father in Morse Code! After a few exciting years spent working in International Marketing, Penny had an opportunity to be involved in the nascent field of Internal Communication where she began to understand the importance of humanto-human connection in the workplace. In 2005, she was introduced to the teachings of nonviolent communication. From that moment on, it became her purpose to spread this message as far as possible, a mission to change the way we talk and listen and communicate with each other; to change the way the world speaks.

Today, she is a trainer of compassionate communication techniques, Workplace Mediator, Certified Psychological Safety Facilitator with the Fearless Organisation; as well as a UK Samaritans Listening Volunteer. Penny holds a BA (Combined Honours) in Modern Languages (French/Spanish) with Politics, Economics and Linguistics.

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