

How to be Assertive:

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The Assertiveness Workbook

Leo H. Doyle



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Media, 2022-03-26T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Assertiveness is about being there not about building a good disguise It is about developing the courage to take the disguise off and be yourself in a way that doesn't push others off stage 2 Assertiveness is all about being there It is about exposing your flaws irrational emotions and strange preferences to others It is not about forcing others to accept you but about inviting them to accept you as well 3 If you are looking for a way to be more assertive realize that you will have to put in the time and effort to change your behavior It may be difficult but it will be worth it in the long run 4 Record your practice sessions and play them back Then you can evaluate your style This is easier than trying to express yourself and evaluate your performance at the same time *Assertiveness* Samantha Barbaro, [The Assertiveness Workbook](#) Joanna Gutmann, 1993-01-01 By the author of *A Woman In Your Own Right* This book is for all women who lack confidence and want to improve their communication skills but are not looking for major changes in their lives It also advises on how to cultivate a more positive approach both in work and in relationships Ordinary women have rights the right to have opinions and have those opinions respected by others the right to choose where to live or who to marry the right to consider personal needs the right to refuse a request felt to be unjustified the right to be successful and the right to make a mistake Joanna Gutmann shows how to assert personal rights in a reasonable and responsible way whilst at the same time respecting those of others

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The Assertiveness Workbook Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**The Assertiveness Workbook**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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