

The Assertiveness Workbook How To Express Your Ideas And Stand Up For Yourself At Work And In Relationships

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The Assertiveness Workbook How to express your ideas and stand up for yourself at work and in relationships Published in 2000 by New Harbinger Publications, this workbook considers two primary questions: "What holds us back from being assertive?" and "What are the specific skills required for effective assertive communication?"

The Assertiveness Workbook - Randy Paterson

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