

How to be Assertive in Any Situation (Paperback) - Common

By By (author) Gill Hasson By (author) Sue Hadfield





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Be confident, self-assured and stand up for your right to be yourself. The ability to make clear decisions, to approach your life with confidence and self-assurance, and to believe in yourself are all crucial to success. And in both work and life, assertiveness holds the key to your self-respect and self-esteem. This remarkable guide is packed with real-life examples, motivating scenarios, quick w...



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