



Assert Yourself: Learn the Secrets to Self-Confidence And How To Get Your Own Way Nicely (Pocket Manager Books)

Kate Keenan

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Do you lack confidence in certain situations?

Being more assertive gives you the self-assurance to cope with whatever the world throws at you, whenever it does so. By implementing some simple strategies, you can take control any situation so that you achieve the outcome you want and become more confident and effective in the process. This book shows you how.

When you have read this book...

- you will understand the principles of assertiveness
- you will be able to use assertive techniques successfully
- you will obtain more co-operation from other people

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