



Introducing Assertiveness: A Practical Guide (Introducing...)

David Bonham-Carter

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What is assertiveness, and what are benefits? Filled with straightforward, practical advice, *Introducing Assertiveness: A Practical Guide* will help you find out, allowing you to overcome passive behaviour and take ownership of your own thoughts and feelings without becoming aggressive.

Experienced life and business coach David Bonham-Carter provides clear, practical steps to help you develop they key characteristics of assertiveness – steps that can improve your work life and your personal life.

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