



Asserting Yourself: A Practical Guide for Positive Change (Revised edition)

By Sharon A. Bower, Gordon H. Bower

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Asserting Yourself: A Practical Guide for Positive Change (Revised edition), Sharon A. Bower, Gordon H. Bower, The classic best-selling step-by-step program for becoming more assertive. Utilizing a number of techniques from behavior-change psychology, speech, communications, and acting, the authors Sharon and Gordon Bower outline an effective assertiveness program to help people improve their self-esteem, articulate their opinions, and develop meaningful relationships. Exercises and examples throughout-including the celebrated "DESC scripts" (describe, express, specify, consequences)-allow readers to practice the program, adapt it to their own lives, and evaluate their progress. For both personal and professional use, Asserting Yourself is the classic guide to building confidence and taking a stand.



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Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- **Devante Schmitt**

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- **Prof. Shanie Schinner Sr.**