



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

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- **Justus Hettinger**