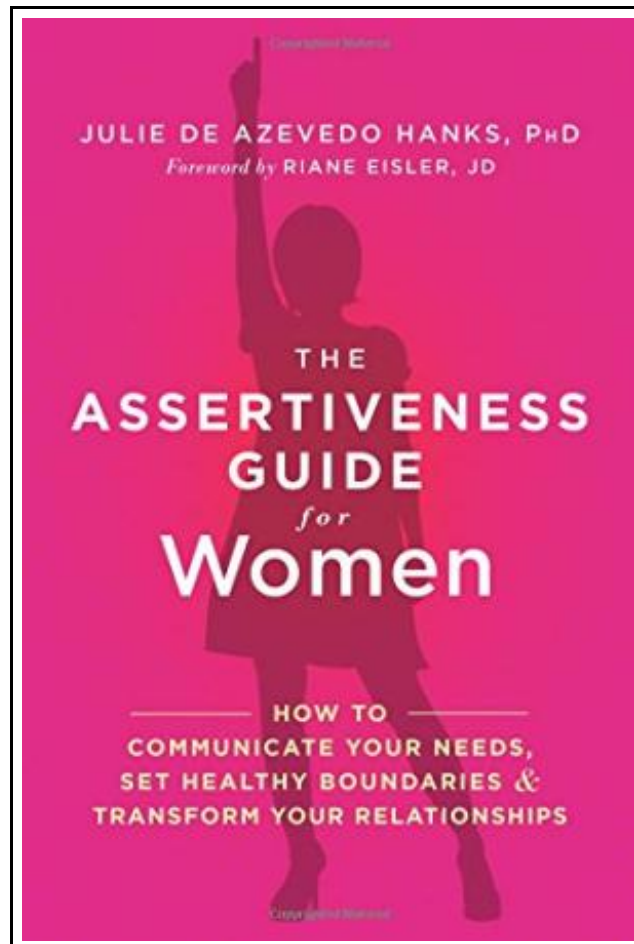


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New Harbinger Publications, United States, 2016. Paperback. Book Condition: New. 234 x 153 mm. Language: English . Brand New Book. When you re assertive, you re able to communicate your needs and wishes clearly while respecting yourself and anyone else involved in the interaction. But when you aren t assertive, you may stop yourself from saying anything when your needs aren t being met, or end up lashing out in hostile or hurtful ways. People with different attachment styles struggle with being assertive for different reasons, and even women with a secure attachment style may have difficulty expressing emotion when faced with challenging circumstances. Using strategies based in mindfulness, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT), The Assertiveness Guide for Women can help you understand the attachment styles that keep you from asserting yourself. You ll learn about the three communication stances- from the passive Doormat to the aggressive (or passive-aggressive) Sword to the assertive Lantern- and find practical examples that show you how to apply your new communication and emotional awareness skills in your own life. Rather than being caught in a cycle of rumination and regret when you re unable to express yourself or even acknowledge your own needs, you ll be ready to assert yourself and get what you want. Whether you re anxious and overwhelmed by the intensity of your emotions, avoidant and struggle to identify your emotions, or otherwise have difficulty expressing yourself, this book will help you become more aware of your own thoughts and feelings, and empower you to ask for what you need, set boundaries, and speak your truth for a more fulfilling life.



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