



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.



READ ONLINE

[3.4 MB]

Reviews

These kinds of pdf is every thing and helped me searching ahead and much more. It generally does not expense an excessive amount of. You wont sense monotony at at any time of your time (that's what catalogs are for regarding should you question me).

-- **Prof. Angelo Graham**

This publication is worth getting. This is certainly for those who statte that there was not a well worth studying. Its been written in an exceptionally simple way in fact it is only after i finished reading through this ebook in which in fact transformed me, modify the way i believe.

-- **Mr. Hester Prohaska DVM**