



Assertion Training: How To Be Who You Really Are (Strategies for Mental Health)

Roderick S. Graham, Shân Rees

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Shan Rees and Roderick Graham show how assertion techniques can be used to enhance your daily life and to improve effectiveness both personally and professionally. A wealth of examples and exercises helps you to assess and improve your own assertion skills - how to get in touch with what you want, how to value your own opinions, how to deal with rejection and criticism, and how to build self-esteem and confidence.

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