

The Assertiveness Workbook: How To Express Your Ideas And Stand Up For Yourself At Work And In Relationships By Randy J. Paterson

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The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships. Author(s) : Randy Paterson. Paperback, 216 pages.

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Assertiveness is the quality of being self-assured and confident without being aggressive. In the field of psychology and psychotherapy, it is a learnable skill and

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