

1. Record Nr.	UNINA9910151790403321
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Titolo	How to be Assertive In Any Situation
Pubbl/distr/stampa	, : Pearson Education UK, , 2014 ©2014
ISBN	0-273-78873-6
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (257 pages)
Altri autori (Persone)	HassonGill
Soggetti	Assertiveness (Psychology) Self-confidence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Contents -- About the authors -- Author's acknowledgements -- Introduction -- Introduction from previous edition -- Part 1: What it means to be assertive -- Chapter 1: What does it mean to be assertive -- Chapter 2: Feel good about yourself and make others feel good to -- Chapter 3: Say what you want and what you don't want -- Chapter 4: How to deal with other people's expectations and demands -- Part 2: Putting it into practice -- Chapter 5: How to be assertive with your family -- Chapter 6: How to be assertive with your friends -- Chapter 7: How to be assertive at work -- Chapter 8: How to get good service -- Chapter 9: How to be assertive at interviews -- Chapter 10: How to be assertive in meetings -- Chapter 11: How to help others be assertive -- Chapter 12: How to deal with difficult people -- Chapter 13: How to make assertive decisions -- Conclusion -- Appendix 1 -- Appendix 2 -- Index.
Sommario/riassunto	Take control and lead the life you want to live. Do you say yes when you mean no? Do you avoid conflict and confrontation? Do you struggle to make decisions? What if you could confidently answer no to all of these questions? With How to be Assertive in Any Situation you can. Discover life-changing techniques to help you express your needs openly and calmly; set boundaries and deal with expectations, demands and criticism; make clear decisions without ever feeling anxious. Challenge your fears, grow self-confidence and steer your

life in the direction you want to go. "Practical, empowering and thought-provoking." Heather Buckley, Co-Founder and Director of Silicon Beach Training "This book will help everyone understand that a few small changes can add up to big changes in our happiness and success." Vicki Saunders, serial entrepreneur & CEO, Zazengo
