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Nota di contenuto	Contents; Acknowledgments; Introduction; A Note for Teachers: Using This Book in the Classroom; 1. Are You Divesting Yourself of Power?; 2. Defining You: How Assertive Are You?; 3. Calling On Energetic and Holistic Resources; 4. Saying Yes to Your Needs and No to Impossible Demands; 5. Taking and Giving Criticism; 6. Time Management Skills; 7. Managing Anger; 8. Accepting Your Power to Heal and Be Healed; 9. Gender Issues: Counteracting Patriarchy and Oppression; 10. Strategies for Career Enhancement; 11. What Nurse Leaders Can Do; Let Me Know About Your Empowerment; Index
Sommario/riassunto	This guide to assertiveness skills for nurses is designed to meet the needs of individual nurses, and for classroom and workshop use. Nurses can also use the many exercises in the book with their patients to help them find more assertive and empowered ways to react and be proactive. The author's premise is that assertiveness is a skill, like giving an injection or taking a nursing history, which requires adequate and systematic practice. It also should be viewed within the context of one's own health and well-being.

