

1. Record Nr.	UNINA9910150514703321
Autore	Lu Carr Dannie
Titolo	Brilliant assertiveness : what the most assertive people know, do and say / / Dannie Lu Carr
Pubbl/distr/stampa	Harlow, England : , : Pearson, , [2012] ©2012
ISBN	1-283-54059-2 9786613853042 0-273-77014-4
Edizione	[1st edition]
Descrizione fisica	1 online resource (xiv, 229 p.) : ill
Collana	Brilliant lifeskills
Disciplina	158.2
Soggetti	Assertiveness (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Cover -- Brilliant Assertiveness -- Contents -- About the author -- Acknowledgements -- Introduction -- Part 1 What's it all about? -- What does being assertive really mean? -- Why we do too much for people -- What we're told to do -- So who are you really? -- Over-assertiveness and over-compensation -- Part 2 Taking charge of it all -- Talking the talk -- Walking the walk -- You are worth it -- Working with what you know -- Tips 'n' tricks -- Changing your assertiveness habits for good in 14 days -- Conclusion -- Index.
Sommario/riassunto	Being assertive means that you are self-assured know what you want from life, are happy to stand up for yourself and have the respect of those around you. Do you want to be like this? This book will show you how! Practical and easy to read, it looks at what it means to be assertive in today's world. As well as containing plenty of exercises and case studies, it also includes a personal plan which can be adapted by you to suit the issues you are facing.

2. Record Nr.	UNISALENTO991003724409707536
Autore	Capote, Truman
Titolo	In cold blood : a true account of a multiple murder and its consequences / Truman Capote
Pubbl/distr/stampa	New York : New American library, 1965
Descrizione fisica	384 p. ; 18 cm
Collana	Signet books
Disciplina	813
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia