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Assert Yourself

By Steve Bavister, Amanda Vickers

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, *Assert Yourself*, Steve Bavister, Amanda Vickers, *Assert Yourself [Bullet Guide]* will give you the help you need. Now. This handy little book covers the key things you need to know, and do, to become more assertive. It's laid out in bullet points so you can find the help you need at a glance. It covers all the major areas, from learning how to say no to using body language to give off assertive signals. This is the fastest, most effective way to be more assertive you'll ever find. Problem solved.



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