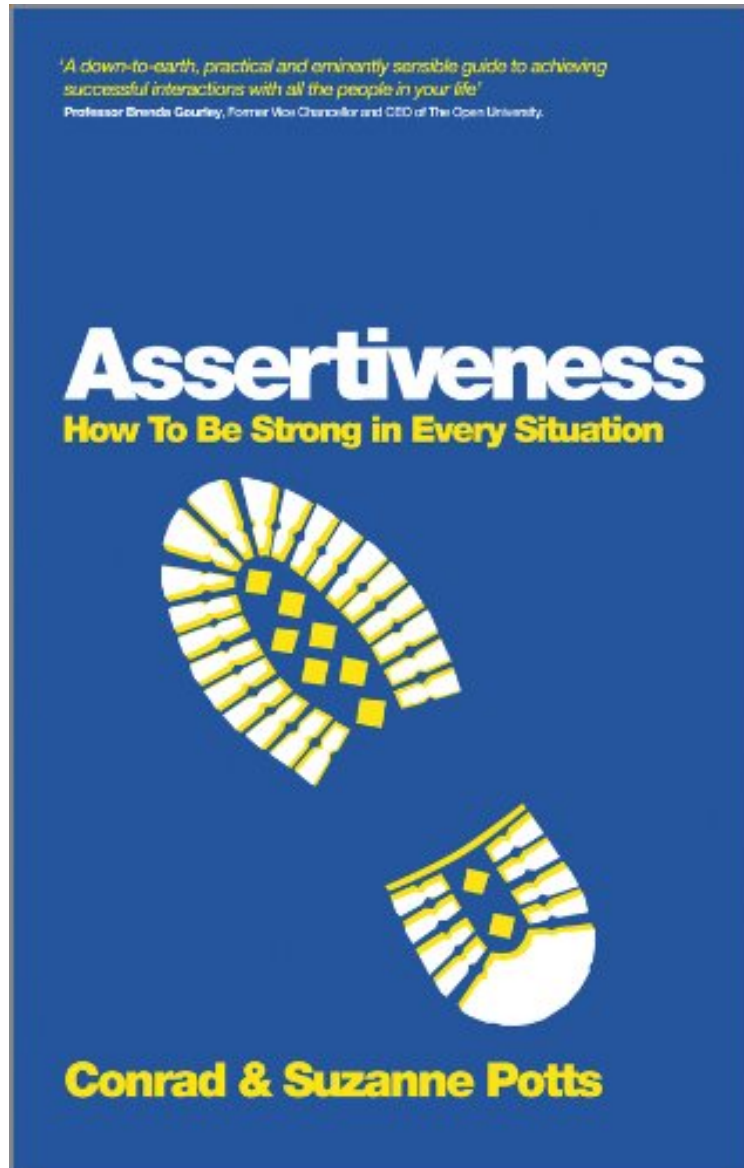


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Conrad Potts, Suzanne Potts

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fundamental causes that have effects on everyday reality. This is not the case here. The authors start with fundamental causes -- your thinking and how it effects your reality -- and work from there to show you how this effects your assertiveness which they define as a world view, as a definition you have of yourself in the world. This is powerful! Usually books of this type are all about effort and trying, and adjusting your behavior on the surface . . . not this book. when you know core causes, everything changes. You have tools that can really change your life. This should be a best seller!! I bought a copy for myself, and just reading the first few pages, instantly my approach to people and situations began to change. So I bought a copy for my sister, too, and posted on Facebook. I highly recommend this book to everyone, not just people having major difficulties with what they perceive to be assertiveness. This book is about having clarity as to who you are in the world, what you value, and how to live a life that matches your innermost truth. By the way, the writing is absolutely excellent, as is the book layout. 2 of 2 people found the following review helpful. Jargon free and easy to digest self-help title that delivers. By Sussman We live in 'very negative times', and it is important for people to have the correct skills to manage their interactions with other people and organizations that may not have your interests at heart or necessarily care. I am not saying the world is 'battlefield', however, I am sure you get the point I am trying to make. My thoughts on the book: This book is very user-friendly and is relatively 'jargon' free, any science that there maybe is expressed in layman's terms. The book begins with defining what it is to be assertive, and what it is not. There some good real life examples, as well as a section that will test your ability to understand and putting into practice what you learned. Each section of the book is in nice manageable 'chunks' that are easy to digest, the book flows well with each section complementing the last, while at the same time building up your understanding, this book is highly recommended. 4 of 6 people found the following review helpful. Assertiveness. By Damaskcat There have been plenty of books written about assertiveness and how to apply it to all sorts of situations but I think this is probably one of the best I've read. It is divided into two sections - the first is about win-win situations, assertive communication and an explanation of what exactly assertive behaviour and communication looks like. Part two is about applying assertive techniques to a variety of situations both at work and in the home as well as when making purchases or having work done to your home. The whole of the book repays careful study and it will help anyone to analyse their own behaviour to see where they could be making a situation worse because they don't wholly appreciate the difference between aggression and assertiveness. If you only read one book on assertiveness - make it this one. Putting the techniques into practice could well improve your life significantly.

How to overcome challenges with confidence No matter how successful we are, we all face stressful and hard-to-handle challenges in daily life, and ndash; if we want to be as happy and healthy as we can ndash; we must learn to assert ourselves, make our voices heard and approach life with confidence and self-assurance. This book is a roadmap to help you navigate your way through those challenging opportunities, hurdles and milestones. Taking universal scenarios case by case, and packed with practical tips, this inspiring, down-to-earth book will give you the tools to build your self-esteem and become happier, healthier, and in control of your own destiny. Written in an approachable style which posits practical solutions to a range of universal problems Deals with assertiveness in business, family, social situations and all areas of life Covers topics like 'dealing with your boss', 'dealing with finances', 'asking for a pay rise', 'saying no at work'.

From the Back Cover Time to put your foot down You don't have to be pushy to get what you want. There are simple ways to assert yourself that will make you happier, healthier and more successful. Assertiveness is about seeing the other person's viewpoint and being prepared to listen. The more flexible you are, the more choices you have about how you relate to others, and the more opportunities you have to resolve conflicts. Packed with practical tools and techniques for dealing with a whole host of situations in work and life, you will learn how to: Get the respect you deserve at work, deal with your boss and say 'no' Get the best out of the people you work with Handle difficult behaviour and cope with conflict Be self-assured in meetings and presentations Deal with your family, friends and neighbours, and challenging social occasions Get the service you deserve from retailers, trades people and public services Sustain your assertiveness and maintain your wellbeing and balance Don't be a push over - learn how to make your voice heard and deal with any tricky situation with self-assurance and confidence.