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## Introducing Assertiveness: A Practical Guide

By David Bonham-Carter

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Assertiveness: A Practical Guide, David Bonham-Carter, What is assertiveness, and what are benefits? Filled with straightforward, practical advice, Introducing Assertiveness: A Practical Guide will help you find out, allowing you to overcome passive behaviour and take ownership of your own thoughts and feelings without becoming aggressive. Experienced life and business coach David Bonham-Carter provides clear, practical steps to help you develop they key characteristics of assertiveness - steps that can improve your work life and your personal life.



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