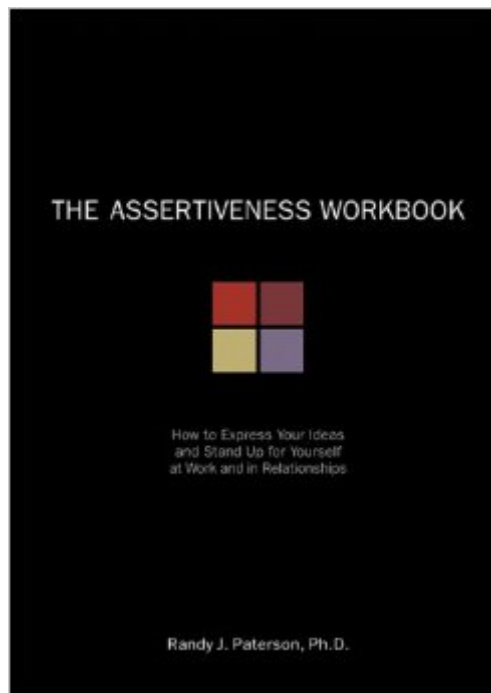


The book was found

The Assertiveness Workbook: How To Express Your Ideas And Stand Up For Yourself At Work And In Relationships



Synopsis

Effective communication is a critical skill that influences your professional success, the stability of your family life, and your personal happiness. Your ability to communicate effectively is seriously hampered if you can't assert yourself constructively. If you've ever felt paralyzed by an imposing individual or strongly argued opposing point of view, you know that a lack of assertiveness can leave you feeling marginalized and powerless. The Assertiveness Workbook contains effective, cognitive behavioral techniques to help you become more assertive. Learn how to set and maintain personal boundaries without becoming inaccessible. Become more genuine and open in relationships without fearing attack. Defend yourself when you are criticized or asked to submit to unreasonable requests. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit â" an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Book Information

Paperback: 200 pages

Publisher: New Harbinger Publications; 1 edition (December 30, 2000)

Language: English

ISBN-10: 1572242094

ISBN-13: 978-1572242098

Product Dimensions: 0.8 x 7 x 9.8 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (105 customer reviews)

Best Sellers Rank: #10,718 in Books (See Top 100 in Books) #70 inÂ Books > Business & Money > Skills > Communications #85 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Social Psychology & Interactions #93 inÂ Books > Self-Help > Self-Esteem

Customer Reviews

Being a passive personality, I went looking for some kind of guidance after a recent confrontation. It goes through many basic terms and concepts of human relationships and behavior. The author wants us to understand assertiveness before trying to put new ways of thinking into practice. The important part of the author's lesson is reminding us that assertiveness is part of a person's behavior but is not the person. It builds up to the ten steps of preparing for a confrontation. The

written exercises are useful, the diagrams and check boxes not so much. Some terms were basic but many times when things are not working right, we have to be reminded of the basics. Personally, I would not choose to use the assertiveness scorecards in my regular day-to-day routine. It goes over what a DESO script, Describe, Express, Script, Outcome; could mean to anybody's personal and work relationships. How one can change a few steps in giving criticism to create positive feedback. The Assertiveness workbook makes you take a breath, and think before speaking. Clear, easy-to-read, straight-to-the-point chapters are there to help when needed.

This book was easy to read, easy to understand and very easy to apply immediately to life circumstances. I particularly found useful the chart of behaviors and the aspects of appearance very well written, vivid and clear. This book was full of accurate user friendly information that anyone would be able to apply in their lives whatever their circumstance or job.

Over the past several months, I've read many books about entrepreneurship, building relationships with others, and climbing the career ladder. All of these techniques have one thing in common: they require you to stand up for yourself and be assertive. Could I have just read this book!? I've learned that assertiveness is simply being yourself. It is contributing to those around you in a positive way. It is respecting people for who they are. It is respecting the differences in one another. It is becoming more aware of what is important to others. It is speaking with wisdom. We all want the approval of others, but we must understand not everyone will be receptive to what we say. However, we will receive the respect of others when we speak up regardless of whether or not they agree. One great technique is to minimize your communications - focus on making your messages as slim as possible, only communicating the bare assertive essentials. With that, I close this review. This book is wonderful. I recommend it! Along with, Success Secrets of the Motivational Superstars there are many great tips out there to becoming more assertive.

I had reached a point where I needed to learn how to assert myself and stop being miserable in certain situations. This book helped me take action and understand how to react when confronted. If you feel that you are in need of some "tools" this is a great book.

This book is by far the most helpful book I've ever read. It is very informative, but in plain words that almost anyone can understand. The exercises it suggests really do help. I'm only half-way through it, but I've already made significant changes in my behavior. It really helped me understand the

different communication styles and how to tweak my style to make me more satisfied with my communication with others. It's so simple to do! I've always been lazy about change or given up too early, but this truly couldn't be any easier.

I tried everything to become assertive, but before I discovered this book, nothing taught me this ability, it will work for you too, if you commit to it, it's so much harder than it seems but that's just because you need it so bad! You will be amazed how you you will become a different person when you integrate this material, it works!

Excellent resource for how to deal with PA's and others-the book's no nonsense approach (yes, it's hard to change and yes your significant others will resist you), exercises, and examples give you inspiration without alot of nonsense and over the top 'you can do it' every paragraph. Accessible and easily readable, this practical guide will help you get what you need or establish your personal boundaries without all the new age style rhetoric.

This book is a great tool and really does help. You have to do the work as prescribed or you really will just waste your time. Realistically though simply reading a book couldn't possibly change a person without actually acting on the information. If you need help in this area get the book and use it, it is very helpful.

[Download to continue reading...](#)

The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships
Assertiveness: How to Stand Up for Yourself and Still Win the Respect of Others
The Guide to Compassionate Assertiveness: How to Express Your Needs and Deal with Conflict While Keeping a Kind Heart
Your Perfect Right: Assertiveness and Equality in Your Life and Relationships (9th Edition)
The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)
Assertiveness for Earth Angels: How to Be Loving Instead of "Too Nice"
21 Ways to Build Your Dental Practice
With a Book: How To Stand Out In A Crowded Market And Dramatically Differentiate Yourself As The Authority,
Celebrity and Expert Words, Words, Words: Choosing the Right Words to Explain Ideas and Express Emotions (The Writing Code Series Book 9)
The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook)
Michael Ondaatje: Express Yourself Beautifully
Social BOOM!: How to Master Business Social Media to Brand Yourself, Sell Yourself,

Sell Your Product, Dominate Your Industry Market, Save Your Butt, ... and Grind Your Competition into the Dirt Freud--The Key Ideas: A Teach Yourself Guide (Teach Yourself (McGraw-Hill)) The Power of Playing Cards: An Ancient System for Understanding Yourself, Your Destiny, & Your Relationships Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships ****FREE BONUS BOOK**** (Polyamory, Polyamorous, Relationship, ... Polyamory Dating, Open Relationships) The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships The Five Elements: Understand Yourself and Enhance Your Relationships with the Wisdom of the World's Oldest Personality Type System How to License Your Million Dollar Idea: Cash In On Your Inventions, New Product Ideas, Software, Web Business Ideas, And More The Courage to Be Creative: How to Believe in Yourself, Your Dreams and Ideas, and Your Creative Career Path Secure Your Retirement Dreams with SAFE MONEY: A Retirement Plan That Will Stand the Test of Time without Losing Your Money on the Wall Street Roller Coaster Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health

[Dmca](#)