

UPDATED EDITION



"The ideal self-help manual for discovering how to overcome barriers to greater personal effectiveness."
—Philip G. Zimbardo, author of *Sydney*

**The classic step-by-step program
for becoming more assertive**

ASSERTING YOURSELF

A PRACTICAL GUIDE FOR POSITIVE CHANGE

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Asserting Yourself A Practical Guide For Positive Change

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Asserting Yourself A Practical Guide For Positive Change:

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