

Being Assertive: Finding the Sweet-Spot Between Passive Aggressive (Paperback)



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Reviews

This pdf is fantastic. Sure, it can be engage in, nevertheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly merely after i finished reading through this publication where in fact transformed me, change the way in my opinion.

(Mr. Lee Simonis PhD)

BEING ASSERTIVE: FINDING THE SWEET-SPOT BETWEEN PASSIVE AGGRESSIVE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Assertiveness is a zone on the spectrum of human behaviour that lies between Passivity and Aggression. This book shows you how to find that sweet-spot, not always an easy thing to do in the ever more complex world of today. Being Assertive is fundamentally about rights; yours and those of others and finding a balance between them. An aggressive person violates the rights of others, while the passive person violates their own. The assertive person finds a win-win way to balance these sometimes competing interests. Learning to live in the zone of assertiveness has many benefits; your self-esteem will improve, the quality of your relationships with others will improve and deepen.



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