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Anger &
Assertiveness 1.4

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Anger & Assertiveness

1.4 

Title: **The Assertiveness Handbook**

Author(s): **Hartley**

Publisher: **Sheldon Press**

Year: **2005**

ISBN: **0859699412**

This book teaches the reader skills and strategies that can be used for confident, effective communication.

Using practical exercises, case-studies and self-assessment material, it includes sections on:

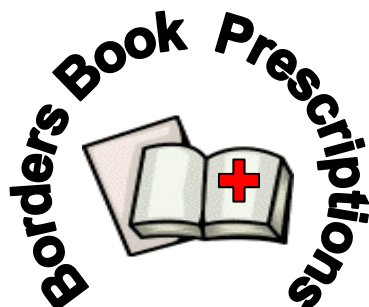
- What is assertive behaviour?
- How to behave assertively
- Assertive behaviour in difficult situations
- Coping with non-assertive behaviour

(120 pages)

Readability:



Cover Price: **£7.99**



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