

Assert Yourself: How to Find Your Voice and Make Your Mark (Paperback)

By -

Bloomsbury Publishing PLC, United Kingdom, 2009. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. Do you find it hard to say no ? Are you tongue-tied in important meetings? Assert Yourself will help you find your voice and stand up for yourself without appearing aggressive. Full of practical advice on how to change the way you work and live for the better, the book contains a self-assessment quiz, step-by-step guidance, top tips, common mistakes and advice on how to avoid them, summaries of key points, and lists of handy books and websites.



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-- Nadia Konopelski

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