



## Asserting Yourself-Updated Edition: A Practical Guide For Positive Change (Paperback)

By Sharon Anthony Bower, Gordon H. Bower

INGRAM PUBLISHER SERVICES US, United Kingdom, 2004. Paperback. Condition: New. Updtd Da Capo PR ed.. Language: English . Brand New Book. Utilizing a number of techniques from behaviour-change psychology, speech, communications, and acting, the authors Sharon and Gordon Bower outline an effective assertiveness program to help people improve their self-esteem, articulate their opinions, and develop meaningful relationships. Exercises and examples throughout-including the celebrated DESC scripts (describe, express, specify, consequences)-allow readers to practice the program, adapt it to their own lives, and evaluate their progress. For both personal and professional use, Asserting Yourself is the classic guide to building confidence and taking a stand.



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