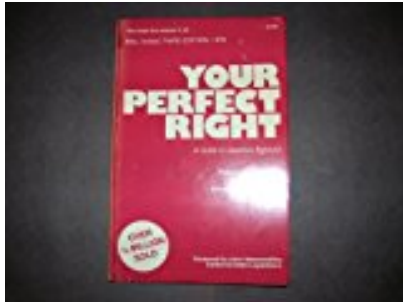


Your perfect right A guide to assertive behavior



BOOK DETAILS

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BOOK SYNOPSIS

This indispensable guide to equal-relationship assertiveness is packed with step-by-step procedures, detailed examples, and exercises. Completely revised and updated, this new edition includes new material on living in a multicultural society, making the decision to express yourself assertively, all-new recommendations on appropriate anger expression, and much more.

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