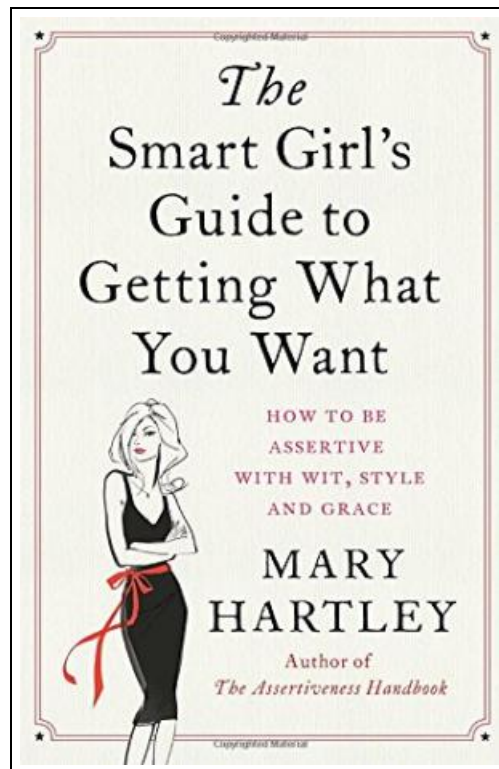


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THE SMART GIRL'S GUIDE TO GETTING WHAT YOU WANT: HOW TO BE ASSERTIVE WITH WIT, STYLE AND GRACE (PAPERBACK)

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Watkins Media, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. In this book, personal development coach Mary Hartley explains how women can discover the secrets of assertiveness in order to live happier, healthier and more fulfilling lives. Taking a fun and sophisticated approach, the book is designed to be appealing to students, career girls and yummy mummies, and uses a pithy and witty tone to make its important points. Mary begins by explaining what assertiveness is and why it matters. She goes on to help the reader identify common patterns of behaviour - aggression, passivity and manipulation - providing guidance as to why we sometimes behave in these ways and the problems such patterns of behaviour can cause. Mary shows how assertive behaviour brings about the best results in every aspect of your life - helping you achieve both your career and personal goals. By being assertive we can learn how to express our needs and views honestly, effectively and gracefully, without leaving a disaster in our wake. You will find tips on effective communication and body language, as well as guidance on how to handle common difficult situations, including: Dealing with criticism Giving an honest opinion Coping with intimidation Overcoming shyness Attractively packaged with a stylish layout and line drawings, this is a book that all women will treasure and turn to time and time again.



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