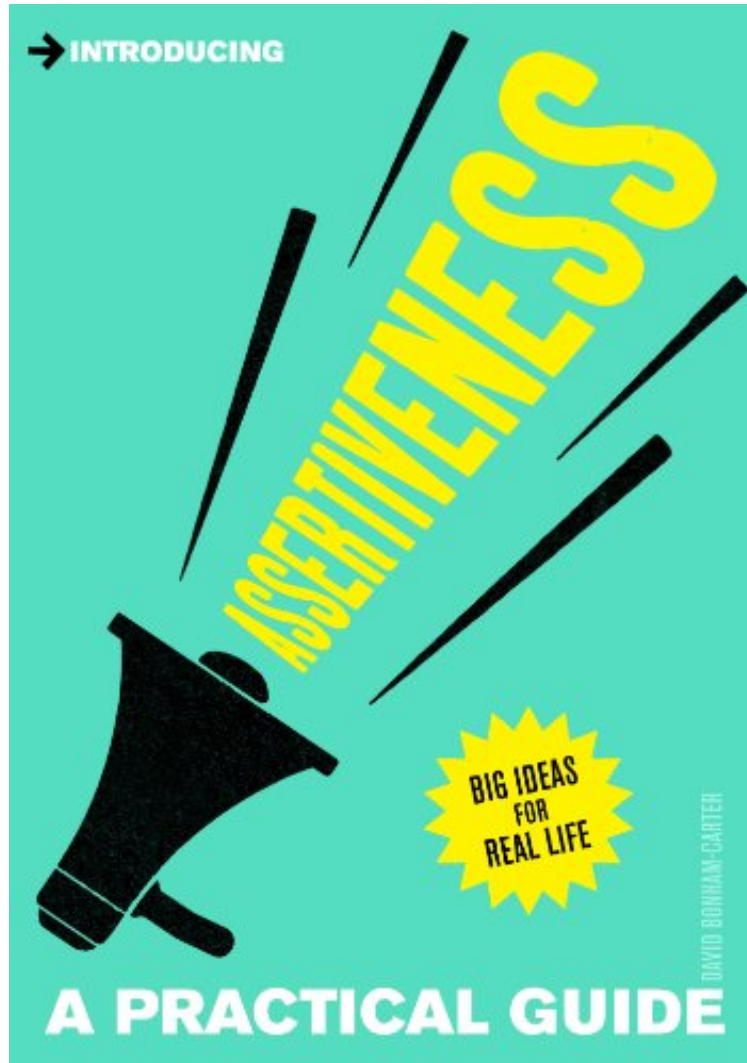


Introducing Assertiveness: A Practical Guide (Introducing...)

David Bonham-Carter
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What is assertiveness, and what are benefits? Filled with straightforward, practical advice, Introducing Assertiveness: A Practical Guide will help you find out, allowing you to overcome passive behaviour and take ownership of your own

thoughts and feelings without becoming aggressive. Experienced life and business coach David Bonham-Carter provides clear, practical steps to help you develop the key characteristics of assertiveness — steps that can improve your work life and your personal life.

About the Author David Bonham-Carter is a life coach with UK and international clients, helping them with issues such as stress, self esteem, making life changes or dilemmas in relationships, career and other areas.