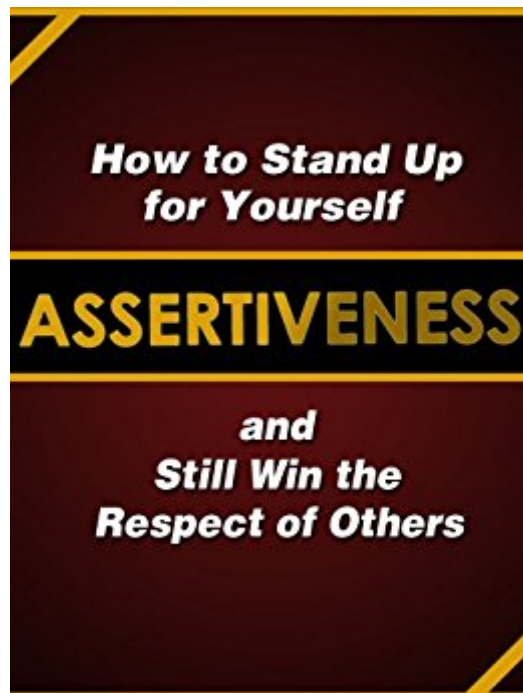


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# Assertiveness: How To Stand Up For Yourself And Still Win The Respect Of Others



## Synopsis

This book shows you how to be a more confident, assertive individual. It teaches you the necessary skills to be decisive and in control of your life. With the information in this guide, you will learn to improve your relationships, move your career forward, and earn the respect of your friends, family, spouse, co-workers, even your boss.

## Book Information

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## Customer Reviews

When I was younger, especially in my days as a high school student, I was one of those guys who made friends easily with both teachers and fellow students but had a hard time when it came to dating and achieving certain goals which required collaboration from others. It wasn't that I was an "ugly duckling" - even though at times I thought I was - or a disagreeable fellow; I had a circle of friends from a cross-section of my high school's student body that included football players, choir singers, members of the drama club and - of course - some of my fellow journalism students. However, when I really wanted to start dating girls, I tended to "wimp out" and become the "invisible man" because I couldn't find a way to get women to notice me in a positive light. Looking back on those days and even further on into my adulthood, I realize now that although shyness played a lot of havoc both in my personal and professional ambitions, my biggest problem was lack of

assertiveness. Now, as Judy Murphy points out in "Assertiveness: How to Stand Up For Yourself and Still Win the Respect of Others," assertiveness - which is not to be confused with "aggressiveness" - is one of the most important factors that determine whether we get a job we are seeking, plum assignments and promotions, or if we can attract a significant other and build a happy, healthy and stable relationship based on love and respect. At the start of the book, Murphy explains the difference between being assertive and being aggressive, which is important to understand because some people, especially guys, tend to say to non-assertive peers "to be aggressive and go for what you want."

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