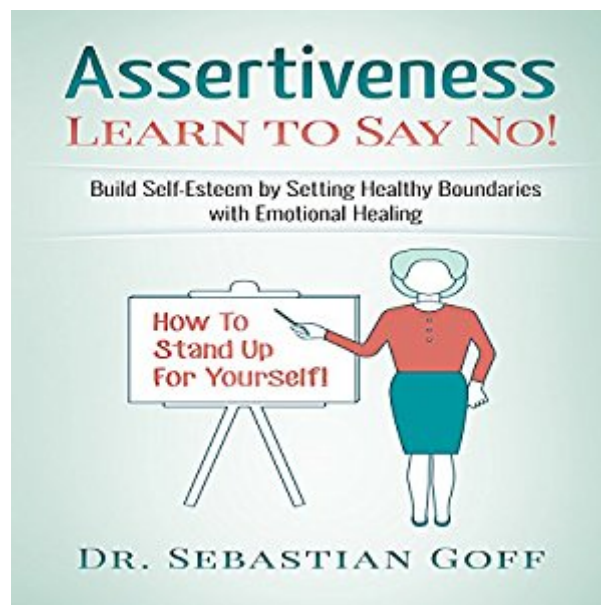




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# Assertiveness: Learn To Say No!: Build Self Esteem By Setting Healthy Boundaries With Emotional Healing, Volume 2



## Synopsis

Learn to stand up for yourself! Do you sometimes feel as though others walk all over you? Have you been a victim of bullying? Or, do you think you're a people pleaser? Whatever the case may be, the chances are you're lacking the skill of assertiveness. Whenever people mistreat us, it is because we're unknowingly showing a weakness that is causing these undesirable things to happen. We all deserve to be respected. It is a basic human need that we treat each other fairly. Many of us also go through life never truly experiencing what we want. This can either be the perfect relationship, a dream career or a particular lifestyle we had always envisioned for ourselves. The simple reason why we don't go for what we want with more determination is because we have picked up the belief that we must be passive and nice as to not offend others. The problem with this behavior however, is that it gives others the chance to walk all over us. Then, out of fear from offending others, we leave ourselves open to be exploited and don't get what we want. In this complete guide, we will go over everything you need to know to thrive in life and relationships including: Boosting self-esteem & self-respect Healing yourself emotionally Assertiveness techniques which you can implement immediately Psychology of assertive behavior and bullying Emotional intelligence Developing boundaries This book will delve into the psychology of assertiveness and how you can learn this new behavior. It will also explore the mindset of bullies and how we sometimes self-sabotage ourselves. So, if you are sick and tired of others mistreating you, pick up this book to understand that you can be assertive and get more of what you want out of life. With your new found assertiveness, you'll find that almost every situation in life can be win-win.

## Book Information

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## Customer Reviews

This is an amazing book. In this complete guide, we will go over everything you need to know to thrive in life and relationships including - boosting Self esteem & Self respect, emotional Intelligence and much more. This book will delve into the psychology of assertiveness and how you can learn this new behavior. It will also explore the mindset of bullies and how we sometimes self-sabotage ourselves.

This book was rather important read for me because I always have a problem in saying no to anyone. I can never say no and I end up doing things for people which get me in trouble. The book explains in deep, how to solve this problem and to say no when it is necessary. The book concentrates on assertive behaviour, explaining how it works. Overall, I highly recommend this book.

It's very important nowadays to say no to much more people than you think. This book gives you a perfect introduction to this topic and leads you to much better relationships with people to whom you normally would have said yes to almost anything.

Assertiveness is a skill regularly referred to in social and communication skills training. Being assertive means being able to stand up for our own or other people's rights in a calm and positive way, without being either aggressive, or passively accepting wrong. This is a great motivational book that I was able to gather knowledge to understand that we can be assertive and get more of what we want out of life. This would be a worth purchase to the people who are interested in to discover the psychology of assertiveness and how can learn this new behavior. Great read.

This book in fact taught me how to say No and show assertiveness in certain situations I face. Self-respect and self esteem are pre-requisites to assertive behavior. Having the knowledge of Psychology behind bullying can help us tackle bullies when we are confronting them.

There is an amazing guide book which is written about assertiveness. This guide book has been written with some strong and definite aim to simply motivate you and build a confidence to stand for yourself. This book contains acknowledging tips and techniques which will help you in healing

yourself emotionally and so on.

For starters, there is no way this author is a doctor in any field, the book reads like it was written by a 4th grader with spelling and grammatical like:"this trait will cause to us feel afraid.""we may attempt to speak out, but the might body respond by making our hands tremble."Let's us say"Majority of the content is taken and rehashed from other books, specially the intro about how assertiveness isn't the same as aggressiveness and passiveness.All these positive reviews, I don't know how this author got them, but they all sound like the author wrote them. The reviewers other reviews are for the same books.Save your money, time, and energy and get a REAL book by a REAL author.

I can't say i've bought the book, but I can say that all the positive reviews are fake. They were all posted within a few days of each other and a book with this ranking can't possibly have so many reviews in a few days...not even bestsellers get this status. Also, if you look other books these reviewers reviewed, they are all the same books.

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