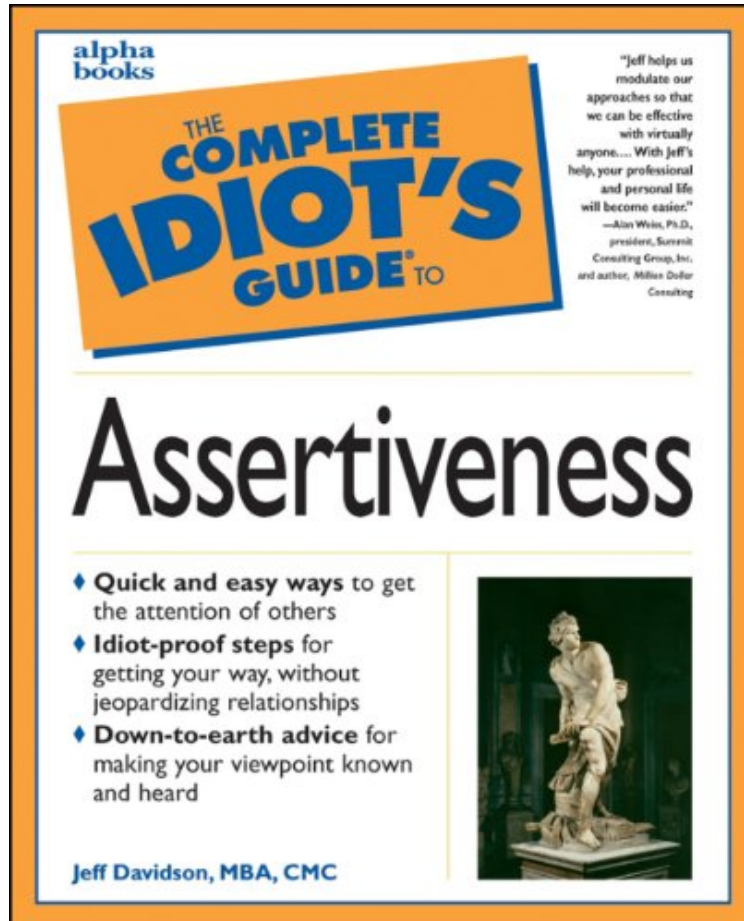


The Complete Idiot's Guide to Assertiveness

Jeff Davidson MBA CMC

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Jeff Davidson MBA CMC : The Complete Idiot's Guide to Assertiveness before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Assertiveness:

14 of 14 people found the following review helpful. Complete idiot's guide to Assertiveness By J. Clough This is a surprisingly good and useful book. I bought a copy on sale somewhere, browsed it and stuck it on my bookshelf. Then a year or so later, I was going to send my copy to my sister, who was having trouble standing up for herself in regard to her ex and their children. Before wrapping it up and sending it, I began to read it in earnest and recognized the value of this book. First is the subject matter, that assertiveness makes your life and others lives better. Assertiveness is not aggressiveness, simply expressing your valid needs in an adult and reasonable manner. Second is the actual writing. The author is smart, compassionate and evolved. Third is the structure. It's set up in manageable and readable bits. What surprises me is that this book is not merely a how to, but- if you read it and follow the suggestions- I believe it offers a transformational pathway. Not something I expected to get out of a generic "Idiot's guide" to anything. Start here if you are serious about changing your approach to standing up for yourself! I kept my copy and sent my sister a new one. 7 of 7 people found the following review helpful. Idiot's Books Are Fantastic By LB These are probably some of the best self help books around. I liked it b/c it is not wordy. You can skip around when reading it, and it doesn't

affect the outcome. 1 of 1 people found the following review helpful. Worth its price. By B-BI have ordered from and it is a good reason. Thanks.

You're no idiot, of course. You excel at your job, raise great kids, and even participate in local organizations. But when it comes to asserting yourself in tricky situations, you feel like hiding under your desk. Stand up and be heard! The 'Complete Idiot's Guide to Assertiveness' provides you with step-by-step guidelines for asserting yourself with everyone from your kids to your boss. Feel confident about negotiating with your landlord, speaking up at a town meeting, and even telling your mother-in-law that you don't want to come over for dinner! In this 'Complete Idiot's Guide', you get: -Idiot-proof steps to stop you from saying yes when you mean no. -Expert advice on knowing when it's worth it to assert, and when you should just let things ride. -Easy-to-follow guidelines for asserting yourself with your boss. -Tips, definitions and warnings to help you along the way.