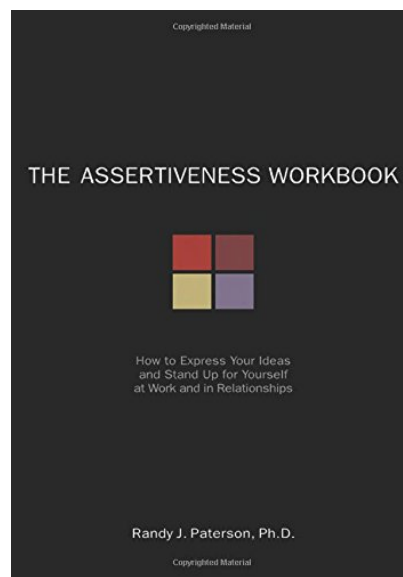


# Best The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships PDF



Best The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships by *by Randy J. Paterson*

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This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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