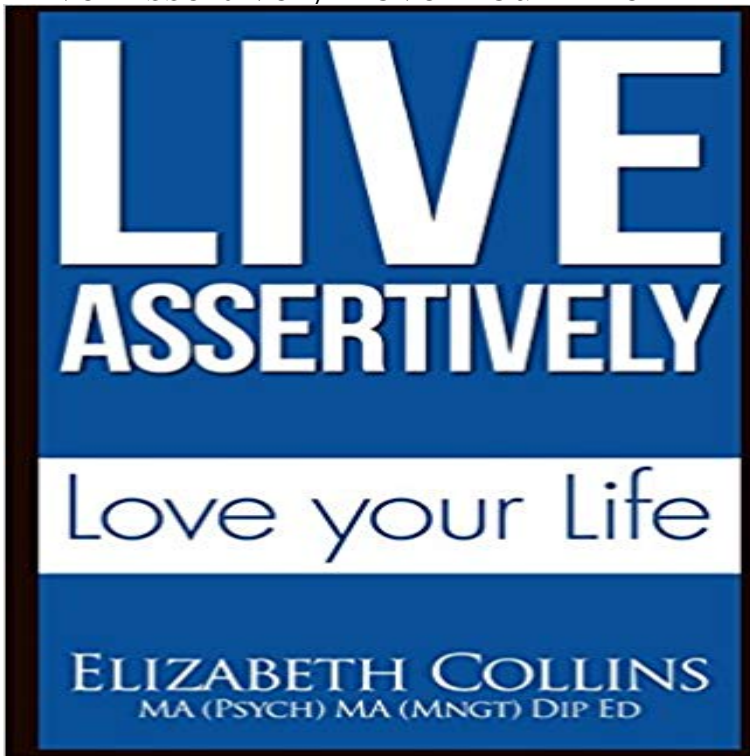


Live Assertively Love Your Life



This book targets adults who need more skills to be assertive or who have the skills but feel guilty or uncomfortable being assertive. It contains a range of strategies and exercises to help people be assertive. A number of scenarios about situations where people are aggressive or passive rather than assertive are given to illustrate these behaviors. Examples are then given to illustrate assertive responses instead.

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