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About Assertive Behaviour. What exactly is assertiveness? Is it telling others exactly what you think? Is it about taking control of the situation all the time? Does it

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Assertive Communication Helps People Express Themselves, Both Negatively and Positively, While Respecting the Rights of Others. Learn How to Be Assertive.

The busy woman's guide to being assertive

The Busy Woman's Guide to Being Assertive. Therapy Lancaster. Sherry (*fictionalized client) is a 42 year old woman with a full time job and three teenagers at

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