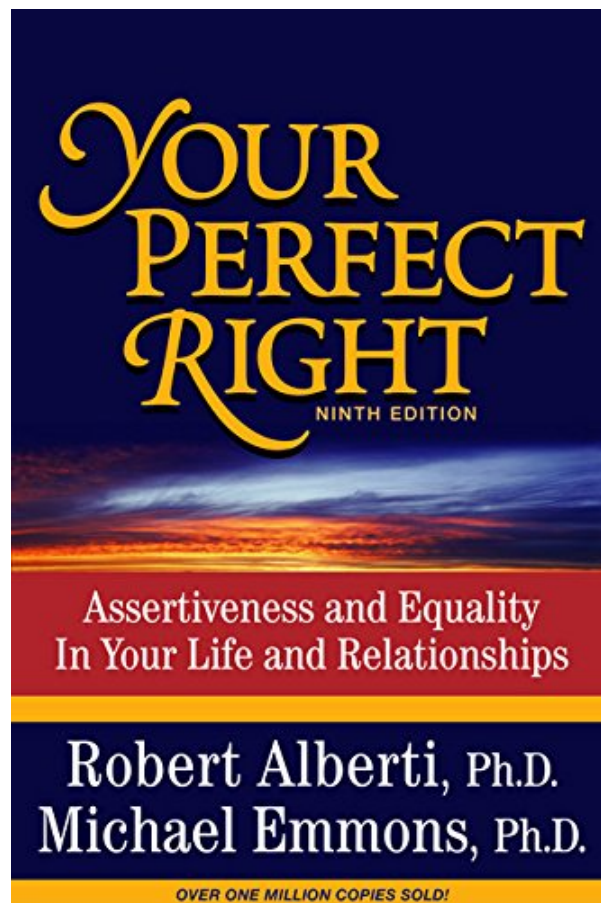
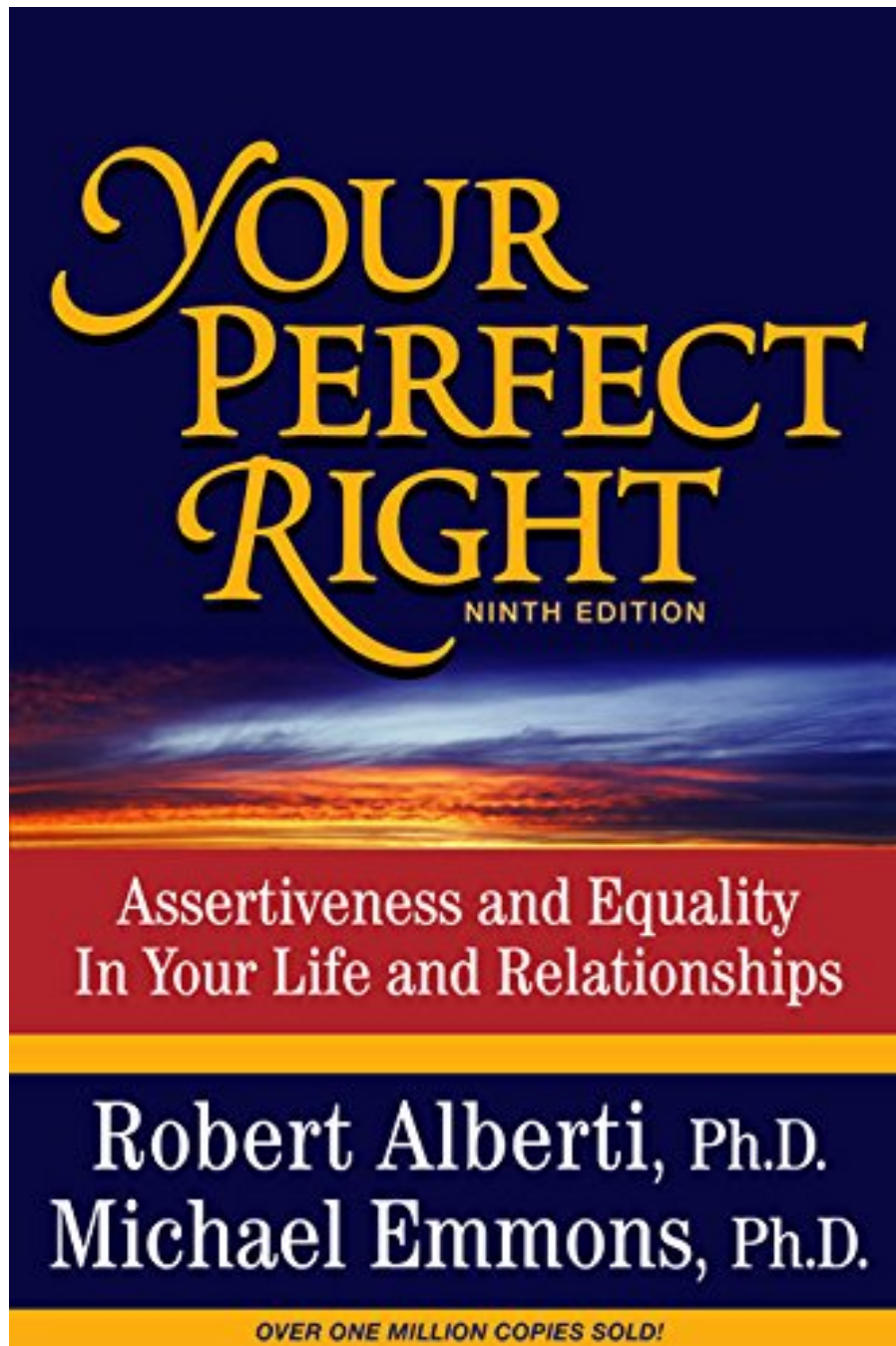


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All-new edition of the most widely recommended assertiveness training book helps readers develop more effective self-expression with detailed procedures, examples, and exercises. The ninth edition has been completely revised to include new material on assertive expression in email and social networks, what to do when assertiveness doesn't work, anger expression, persistence, treatments for social anxiety, giving and receiving criticism, facial expression research, social intelligence, personal boundaries, components of assertive behavior, and recent brain research. Not a “me-first” book—It's all about equal-relationship assertiveness.

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- 312 pages

## Features

- ISBN13: 9781886230859
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24 of 24 people found the following review helpful.

The Best Resource on Assertiveness Available

By Fairbanks Reader - Bonnie Brody

As a clinical social worker and marriage and family therapist, I have a lot of clients whose primary issue is that they want to be more assertive in their lives. They feel too passive and not in control of their destinies. They are the people who say 'yes' when they want to say 'no', agree to do something for someone else when they are already maxed out, go to a movie they don't want to see because they are afraid of suggesting a



different movie that they'd prefer seeing, etc.

Of all the resources available for developing assertiveness skills, 'Your Perfect Right' is the best one I have used. I have utilized it in individual therapy and in groups. I've used it with very high functioning people and with people who have chronic mental illness. It is helpful and pragmatic for every aspect of the population.

It will benefit people who want to work with the book alone and learn assertiveness skills for their daily lives. However, for people who feel that their passivity has already created more problems than they feel they can contend with, I recommend that they contact a therapist and use this book in conjunction with therapy.

15 of 15 people found the following review helpful.

Perfect Right

By Viper

While reading this book, I became more aware of myself. Not only my attitude, behavior, just my over all thinking. What I thought and felt about situations, I looked at them in a different light. I am a person that used anger to be assertive, now I am able to re-evaluate things and look at them before exploding. Now I handle situations very calmly.

7 of 7 people found the following review helpful.

Helping people to speak for themselves

By Kenneth A. Weene

As a therapist I have used this book and its predecessor many times to help marriage counseling clients understand how to better communicate. I have also used it as an optional self-help text in psych classes and with individual clients who have had problems dealing authentically with the world. It is an excellent aid for one and all.

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