



A Woman in Your Own Right: Assertiveness and You

By Anne Dickson



A Woman in Your Own Right: Assertiveness and You By Anne Dickson

Anne Dickson defines assertiveness as the art of clear, honest and direct communication. An assertive approach builds self-esteem and strengthens our ability to make our own choices in life, by helping us to manage the anxiety and stress of communicating in difficult situations. Instead of being governed by the need to either please or blame others, assertiveness teaches us to take responsibility for our own feelings and behaviour. *A Woman in Your Own Right* has become the core assertiveness training handbook, recommended in confidence building and personal development courses, coaching and mentoring programmes as well as counselling and therapeutic contexts throughout the UK and, with subsequent translations, in many parts of the world. Most importantly, Anne Dickson's work has helped millions of women who have been inspired and empowered by this book. Revised and reissued to celebrate its 30th year.

 [Download A Woman in Your Own Right: Assertiveness and You ...pdf](#)

 [Read Online A Woman in Your Own Right: Assertiveness and You ...pdf](#)

A Woman in Your Own Right: Assertiveness and You

By Anne Dickson

A Woman in Your Own Right: Assertiveness and You By Anne Dickson

Anne Dickson defines assertiveness as the art of clear, honest and direct communication. An assertive approach builds self-esteem and strengthens our ability to make our own choices in life, by helping us to manage the anxiety and stress of communicating in difficult situations. Instead of being governed by the need to either please or blame others, assertiveness teaches us to take responsibility for our own feelings and behaviour. A Woman in Your Own Right has become the core assertiveness training handbook, recommended in confidence building and personal development courses, coaching and mentoring programmes as well as counselling and therapeutic contexts throughout the UK and, with subsequent translations, in many parts of the world. Most importantly, Anne Dickson's work has helped millions of women who have been inspired and empowered by this book. Revised and reissued to celebrate its 30th year.

A Woman in Your Own Right: Assertiveness and You By Anne Dickson Bibliography

- Sales Rank: #763016 in eBooks
- Published on: 2012-10-15
- Released on: 2012-10-15
- Format: Kindle eBook

 [Download A Woman in Your Own Right: Assertiveness and You ...pdf](#)

 [Read Online A Woman in Your Own Right: Assertiveness and You ...pdf](#)

Download and Read Free Online A Woman in Your Own Right: Assertiveness and You By Anne Dickson

Editorial Review

About the Author

Anne Dickson Ph.D. has degrees in psychology, mental health and environmental science. She has worked as a freelance psychologist, writer and trainer for many years and is recognised as a leading authority on women's development, assertiveness training and interactive communication. Her best-selling, widely-translated *A Woman In Your Own Right* is still used as a core textbook for assertiveness trainers around the world.

Users Review

From reader reviews:

Karen Keegan:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled *A Woman in Your Own Right: Assertiveness and You*. Try to make the book *A Woman in Your Own Right: Assertiveness and You* as your good friend. It means that it can to get your friend when you experience alone and beside that of course make you smarter than previously. Yeah, it is very fortunated for you. The book makes you much more confidence because you can know every thing by the book. So , we should make new experience as well as knowledge with this book.

Guillermo Behler:

Here thing why this specific *A Woman in Your Own Right: Assertiveness and You* are different and trustworthy to be yours. First of all reading through a book is good but it really depends in the content from it which is the content is as delicious as food or not. *A Woman in Your Own Right: Assertiveness and You* giving you information deeper and different ways, you can find any e-book out there but there is no book that similar with *A Woman in Your Own Right: Assertiveness and You*. It gives you thrill studying journey, its open up your own eyes about the thing this happened in the world which is perhaps can be happened around you. It is possible to bring everywhere like in park, café, or even in your means home by train. For anyone who is having difficulties in bringing the printed book maybe the form of *A Woman in Your Own Right: Assertiveness and You* in e-book can be your alternate.

Antonette Schneider:

The feeling that you get from *A Woman in Your Own Right: Assertiveness and You* is the more deep you looking the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to be aware of but *A Woman in Your Own Right: Assertiveness and You* giving you enjoyment feeling of reading. The writer conveys their point in a number of way that can be understood by simply anyone who read that because the author of this reserve is well-known enough. This book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go with you, both in

printed or e-book style are available. We advise you for having this specific A Woman in Your Own Right: Assertiveness and You instantly.

Sandra Fritz:

Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled A Woman in Your Own Right: Assertiveness and You can be very good book to read. May be it can be best activity to you.

**Download and Read Online A Woman in Your Own Right:
Assertiveness and You By Anne Dickson #VPLSUJMD0TZ**

Read A Woman in Your Own Right: Assertiveness and You By Anne Dickson for online ebook

A Woman in Your Own Right: Assertiveness and You By Anne Dickson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Woman in Your Own Right: Assertiveness and You By Anne Dickson books to read online.

Online A Woman in Your Own Right: Assertiveness and You By Anne Dickson ebook PDF download

A Woman in Your Own Right: Assertiveness and You By Anne Dickson Doc

A Woman in Your Own Right: Assertiveness and You By Anne Dickson Mobipocket

A Woman in Your Own Right: Assertiveness and You By Anne Dickson EPub