



How to be assertive in any situation

Sue Hadfield, Gill Hasson

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Be confident, self-assured and stand up for your right to be yourself.

The ability to make clear decisions, to approach your life with confidence and self-assurance, and to believe in yourself are all crucial to success. And in both work and life, assertiveness holds the key to your self-respect and self-esteem.

This remarkable guide is packed with real-life examples, motivating scenarios, quick wins and loads of friendly advice that will show you how to make your voice heard, take control of your destiny, feel empowered and motivated and begin to live the life you want, without apology.

Learn powerful, life-changing techniques to make sure your opinions are always respected; deal confidently and effectively with other people, their assumptions and their demands. Learn to be decisive, confident and self-assured. Understand that, whilst you have rights, so do those around you. Learn to say what you mean, mean what you say and know that you really do have the right to say 'no'.

How To Be Assertive is a fun read and a great friend to have around. It's written by two experienced, down-to-earth and real-world experts and with just one read it really could change your life forever.

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