



Your Perfect Right: Assertiveness and Equality in Your Life and Relationships

Robert Alberti PhD, Michael Emmons

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The most widely recommended assertiveness training guide is now in audio! Listeners develop more effective self-expression that works in almost any setting and in all relationships, from co-workers and employers, to lovers, friends, and family. Learn what it really means to be assertive. Practical advice on dealing with difficult people, handling criticism, and expressing your feelings. Not a "me-first" program -- this is all about developing equal-relationship assertiveness.

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