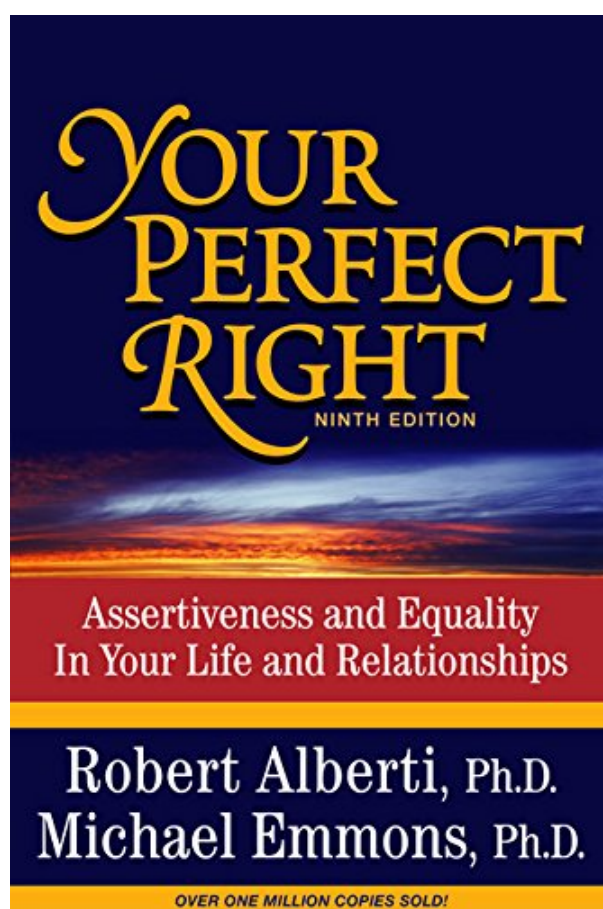
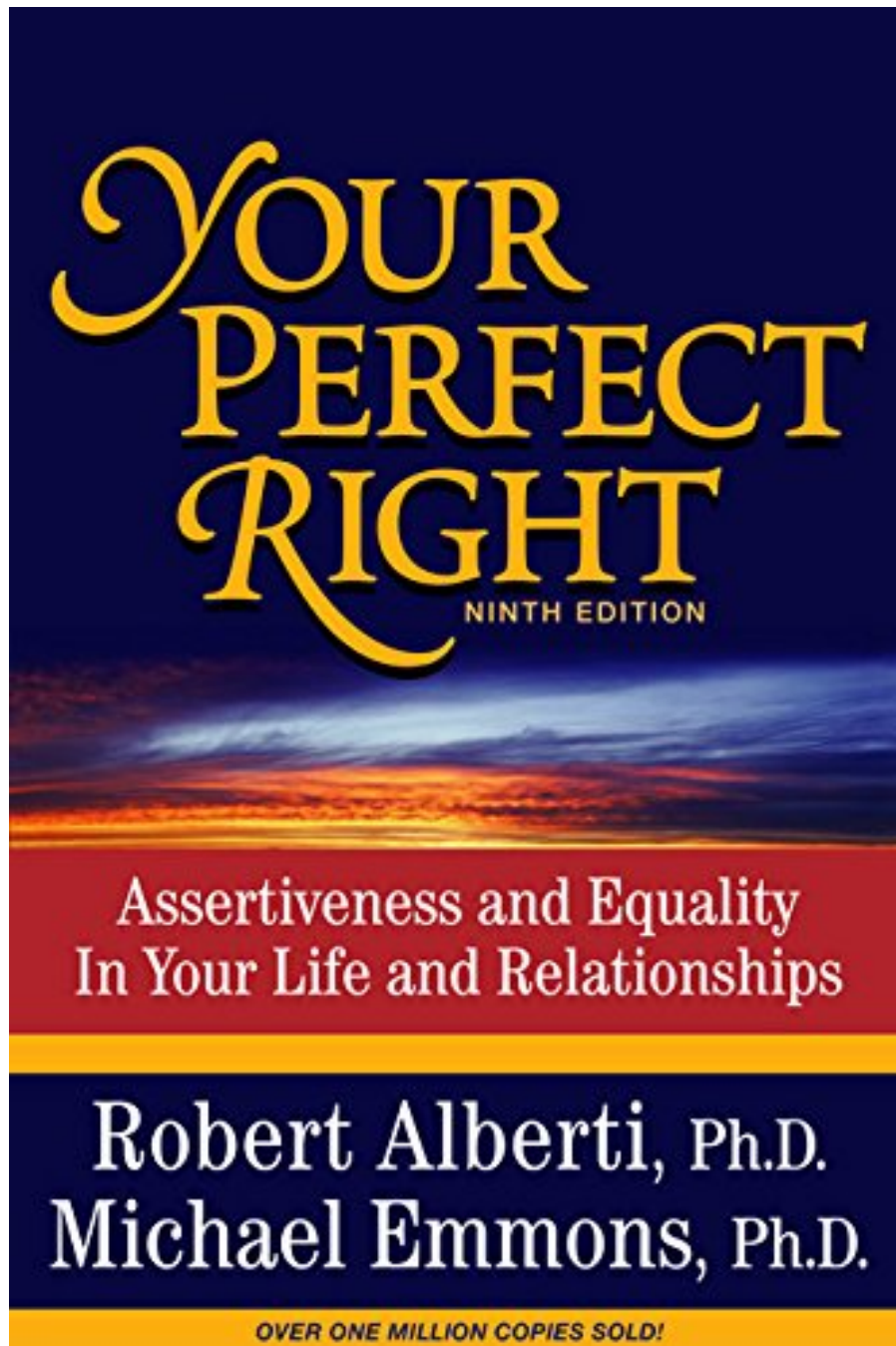


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AND EQUALITY IN YOUR LIFE AND
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- new material on assertive expression in email and social networks
- what to do when assertiveness doesn't work
- anger expression
- persistence
- treatments for social anxiety
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Not another "me-first" book -- It's all about equal-relationship assertiveness.

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1 of 1 people found the following review helpful.

Empowering book that breaks things down in a really easy to digest format.

By Lorilee

I bought this book as optional reading material for a class I'm taking on assertiveness. Watch out world! just kidding.

The book is broken down into 6 main sections. For folks like me that like to get a handle on the big picture before diving in, I find the organization of the book to be superb. I understand where we're going and how we're going to get there.

The flow and cadence of the book is great too. Its one of those books where you cover a lot of ground

quickly and is an "easy read" even though the material can bring about new insights and things to ponder about your own life, habits, communication style etc. And I like that its easy to pick up and put down so it can fit into my life too. One of the things that makes it so easy to translate into your life is the author uses very common real world scenarios...like little quips or scenes we've all likely heard or said before so it primes your mind to be receptive for what comes next.

All in all, I'm thrilled with the book and am looking forward to testing out the concepts in real relationships. Very empowering.

26 of 26 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 crated more problems than they feel they can contend with, I recommend that they contact a therapist and use this book in conjunction with therapy.

2 of 2 people found the following review helpful.

The book is an easy read that just makes sense

By J Michael Dodson

I first read this book around the mid-seventies. The book is an easy read that just makes sense. With practice, each year I become more assertive in all aspects of my life. I just bought three copies to give as gifts, to three very important young ladies. My hope is, that they find this book as helpful as I did.

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