



Assertiveness: How to Stand Up for Yourself and Still Win the Respect of Others

By Judy Murphy



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This book shows you how to be a more confident, assertive individual.

It teaches you the necessary skills to be decisive and in control of your life.

With the information in this guide, you will learn to improve your relationships, move your career forward, and earn the respect of your friends, family, spouse, co-workers, even your boss.

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