



The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace

By Mary Hartley

[Download now](#)

[Read Online](#) 

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley

Do you feel like you're not heard but you don't want to have to scream?

Personal development coach Mary Hartley explains the secrets of assertiveness – of how to communicate with other people in ways that are confident, effective – but also considerate. Mary reveals the simple steps you can take to help you relate to other people honestly and openly in every area of your life – at work, with your friends and family and in your love life. You will discover that you can be true to yourself and your needs without hurting or diminishing other people.

- What assertiveness is and why it matters
- How to avoid aggression, passivity and manipulation
- Tips for handling tricky situations including put-downs and dealing with bullies
- Mastering assertive body language and communication

Packed with practical strategies and exercises, this book will show you how to be confident, assured and proactive – with style.

 [Download The Smart Girl's Guide to Getting What You Wa ...pdf](#)

 [Read Online The Smart Girl's Guide to Getting What You ...pdf](#)

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace

By Mary Hartley

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley

Do you feel like you're not heard but you don't want to have to scream?

Personal development coach Mary Hartley explains the secrets of assertiveness – of how to communicate with other people in ways that are confident, effective – but also considerate. Mary reveals the simple steps you can take to help you relate to other people honestly and openly in every area of your life – at work, with your friends and family and in your love life. You will discover that you can be true to yourself and your needs without hurting or diminishing other people.

- What assertiveness is and why it matters
- How to avoid aggression, passivity and manipulation
- Tips for handling tricky situations including put-downs and dealing with bullies
- Mastering assertive body language and communication

Packed with practical strategies and exercises, this book will show you how to be confident, assured and proactive – with style.

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley **Bibliography**

- Sales Rank: #952516 in Books
- Published on: 2014-04-22
- Released on: 2014-04-22
- Original language: English
- Number of items: 1
- Dimensions: 7.75" h x .70" w x 4.95" l, .0 pounds
- Binding: Paperback
- 208 pages



[Download The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace.pdf](#)



[Read Online The Smart Girl's Guide to Getting What You ...pdf](#)

Download and Read Free Online The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley

Editorial Review

About the Author

Mary Hartley is a writer and personal development coach who leads workshops and training courses in a wide range of personal development fields. She is the author of several books including: *The Good Stress Guide*, *Managing Anger at Work*, *The Busy Woman's Handbook*, *Stress at Work* and *How to Listen So That People Talk*. Some titles are on University, Relate, National Health and other practitioners' reading lists, as well as many relevant forums.

Mary contributes regularly on various aspects of communication and personal development in publications such as *The Guardian*, *Daily Mail*, *The Sun* and *Psychologies*, and has participated in discussions on Radio One, Capital Radio, BBC Radio Scotland, BBC Radio Jersey and Radio Shropshire. She was also the consultant for a BBC Learning Zone program on managing anger.

Users Review

From reader reviews:

Mary Sims:

What do you concentrate on book? It is just for students because they are still students or the idea for all people in the world, the particular best subject for that? Just simply you can be answered for that query above. Every person has diverse personality and hobby for every single other. Don't to be forced someone or something that they don't need do that. You must know how great in addition to important the book *The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace*. All type of book can you see on many solutions. You can look for the internet sources or other social media.

John Reed:

Reading a publication can be one of a lot of task that everyone in the world likes. Do you like reading book consequently. There are a lot of reasons why people like it. First reading a e-book will give you a lot of new info. When you read a e-book you will get new information because book is one of several ways to share the information or even their idea. Second, looking at a book will make an individual more imaginative. When you reading through a book especially fictional book the author will bring you to imagine the story how the figures do it anything. Third, you may share your knowledge to other people. When you read this *The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace*, you can tells your family, friends along with soon about yours book. Your knowledge can inspire others, make them reading a e-book.

Mary Andrade:

Playing with family inside a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite

from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace, you may enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't have it, oh come on its called reading friends.

Lisa Phelps:

Beside that The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace in your phone, it might give you a way to get more close to the new knowledge or information. The information and the knowledge you can got here is fresh from your oven so don't always be worry if you feel like an previous people live in narrow community. It is good thing to have The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace because this book offers to you readable information. Do you at times have book but you don't get what it's about. Oh come on, that won't happen if you have this in the hand. The Enjoyable blend here cannot be questionable, including treasuring beautiful island. Use you still want to miss it? Find this book along with read it from currently!

Download and Read Online The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley #DZ2YCPF0MNU

Read The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley for online ebook

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley 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 The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley books to read online.

Online The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley ebook PDF download

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley Doc

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley MobiPocket

The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley EPub

DZ2YCPF0MNU: The Smart Girl's Guide to Getting What You Want: How to be assertive with wit, style and grace By Mary Hartley