



The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships

By Randy J. Paterson

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Effective communication is a critical skill that influences your professional success, the stability of your family life, and your personal happiness. Your ability to communicate effectively is seriously hampered if you can't assert yourself constructively. If you've ever felt paralyzed by an imposing individual or strongly argued opposing point of view, you know that a lack of assertiveness can leave you feeling marginalized and powerless. **The Assertiveness Workbook** contains effective, cognitive behavioral techniques to help you become more assertive. Learn how to set and maintain personal boundaries without becoming inaccessible. Become more genuine and open in relationships without fearing attack. Defend yourself when you are criticized or asked to submit to unreasonable requests.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships By Randy J. Paterson Bibliography

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Editorial Review

Review

“Assertiveness problems—including excessive unassertiveness, aggressiveness, and passive-aggressiveness—afflict millions of people, leading to suffering and undermining potentials for happy, fulfilling lives. In *The Assertiveness Workbook*, Dr. Randy J. Paterson combines science and clinical experience to create the definitive guide for overcoming assertiveness problems. Blending wisdom, wit, and compassion, this sophisticated yet highly readable volume shows people how to improve their assertiveness in a structured, step-by-step fashion. It is essential reading for anyone wanting to improve their assertiveness, and for therapists treating assertiveness problems.”

—Steven Taylor, Ph.D., R.Psych., Associate Professor, University of British Columbia, and Associate Editor of Behavior Research and Therapy

“This workbook will be a welcome resource to individuals currently struggling with assertiveness difficulties. It will not only help people tackle assertiveness issues, but also target such important topics as need for control, conflict management, and even acceptance of compliments. In short, it holds the potential to effectively change your life.”

—Brian Coz, Ph.D., C.Psych., Psychologist and Associate Professor of Psychiatry, University of Manitoba, and author of more than 100 published research articles on anxiety disorders and depression

About the Author

Randy J Paterson, Ph.D., is a clinical psychologist and the Coordinator of Changeways, a depression treatment program at Vancouver Hospital and Health Sciences Centre in Vancouver, British Columbia. He is adjunct assistant professor in the Department of Psychology and associate faculty in the Department of Psychiatry, Faculty of Medicine at the University of British Columbia. Dr. Paterson has taught over 1200 therapists in the course of more than 100 training seminars on topics such as assertiveness training, depression, and stress management.

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Often the book *The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships* has a lot info on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. This articles author makes some research prior to write this book. That book very easy to read you will get the point easily after scanning this book.

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Ann McLemore:

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