



The Complete Idiot's Guide to Assertiveness (Complete Idiot's Guides (Lifestyle Paperback))

Jeff Davidson

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You're no idiot, of course. You excel at your job, raise great kids, and even participate in local organizations. But when it comes to asserting yourself in tricky situations, you feel like hiding under your desk. Stand up and be heard! The Complete Idiot's Guide to Assertiveness provides you with step-by-step guidelines for asserting yourself with everyone from your kids to your boss. Feel confident about negotiating with your landlord, speaking up at a town meeting, and even telling your mother-in-law that you don't want to come over for dinner! In this Complete Idiot's Guide, you get:

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