

How to be Assertive In Any Situation

By Sue Hadfield, Gill Hasson

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Take control and lead the life *you* want to live.

Do you say yes when you mean no?

Do you avoid conflict and confrontation?

Do you struggle to make decisions?

What if you could confidently answer no to all of these questions? With *How to be Assertive in Any Situation* you can.

Discover life-changing techniques to help you express your needs openly and calmly; set boundaries and deal with expectations, demands and criticism; make clear decisions without ever feeling anxious.

Challenge your fears, grow self-confidence and steer your life in the direction you want to go.

"Practical, empowering and thought-provoking."

Heather Buckley, Co-Founder and Director of Silicon Beach Training

"This book will help everyone understand that a few small changes can add up to big changes in our happiness and success."

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Review

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From the Back Cover

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About the Author

Sue Hadfield taught English in comprehensive schools for twenty years and has spent the last ten years teaching adults assertiveness, career and personal development skills at the University of Sussex and for community groups.

Gill Hasson works with people from diverse backgrounds and situations teaching community development, career and personal development, critical thinking and academic skills. She has written for *Psychologies* magazine and for the Open University.

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