

### **the assertiveness workbook pdf**

Randy Paterson's The Assertiveness Workbook is a useful resource to help readers develop the tools and skills necessary to begin communicating more effectively and more honestly. It explains the differences between aggressive, passive, passive-aggressive and assertive forms of communication and offers a variety of exercises to build ...

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â€¢ When using assertive communication to project a confident, credible image, remember that your audience, as well as the situation, will determine the approach you use.

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