



Assertiveness: How To Be Strong In Every Situation

Conrad Potts, Suzanne Potts

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How to overcome challenges with confidence

No matter how successful we are, we all face stressful and hard-to-handle challenges in daily life, and – if we want to be as happy and healthy as we can – we must learn to assert ourselves, make our voices heard and approach life with confidence and self-assurance.

This book is a roadmap to help you navigate your way through those challenging opportunities, hurdles and milestones. Taking universal scenarios case by case, and packed with practical tips, this inspiring, down-to-earth book will give you the tools to build your self-esteem and become happier, healthier, and in control of your own destiny.

- Written in an approachable style which posits practical solutions to a range of universal problems
- Deals with assertiveness in business, family, social situations and all areas of life
- Covers topics like ‘dealing with your boss’, ‘dealing with finances’, ‘asking for a pay rise’, ‘saying no at work’

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