



# How to Be More Assertive: Quit Being a Pushover and Boost Your Self Confidence in Any Situation (Self-Help Top Rated Series)

*Alfred Hale*

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## **"Now You Can Become More Assertive, Stand Up for Yourself and Quit Being a Pushover"**

**You can read Kindle books - even without a Kindle device - with the FREE Kindle app for smartphones, tablets and computers (PC & Mac).**

Are you having a hard time saying no to requests? Do you always try to avoid conflicts even though it's clearly not your fault? Or do you feel you have a low self-esteem, feel inadequate and has a hard time finding your voice?

Imagine how your life would change if you are able to achieve healthy self-confidence, stand up for yourself and your rights, and at the same time respecting the rights of others? This is a life-skill that would help you get ahead in life.

This is not just a dream... but a reality for you if you know how to unlock the secret of being more assertive. (Hint: It's easier than you think possible)

Let's get this straight: If you are looking for 100s or 200s pages of dense but impractical information, then this book is NOT for you - you can find it elsewhere.

But if you want to turn your situation around, gain confidence and quit being a pushover, then you need to read on...

In this book, I am going to share with you the secrets of becoming more assertive and boost your self-confidence in any situation.

These proven techniques + tips are GUARANTEED to help you in all areas of your life - be it in your relationships or in your work.

If things are already pretty good, this book will help you to further improve upon your life and you can share with people that you know and care about.

## Here's a Preview of What You'll Learn...

- Assertiveness: Between Aggression and Passivity
- How to Become More Assertive
- Practical Examples on Being Assertive
- Having Self-Confidence – How It Will Do to You
- 7 Tips for Increasing Self Confidence
- Best Exercises for Building Self-Esteem
- and much more!

**Download your copy today!**

Tags: how to be more assertive, how to be assertive, assertive communication, assertive at work, assertive leadership, assertiveness training, how to be assertive in any situation, how to be assertive without being aggressive, assertiveness, self confidence, self esteem

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