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THE GUIDE TO COMPASSIONATE ASSERTIVENESS: HOW TO EXPRESS YOUR NEEDS AND DEAL WITH CONFLICT WHILE KEEPING A KIND HEART



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, The Guide to Compassionate Assertiveness: How to Express Your Needs and Deal with Conflict While Keeping a Kind Heart, Sherrie Vavrichek, Speaking up for yourself has benefits, but it has costs, too. Many people who struggle with assertiveness are paralyzed by worries that they'll seem mean, petty, or that they will hurt the other person's feelings. Even though they want to speak up, they may keep their true needs and opinions...

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