



Assertiveness: The Relaxation and Stress Reduction Workbook Chapter Singles (The New Harbinger Self-Help Essentials)

Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

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If you feel that your voice is not being heard, you may feel stressed, angry, and resentful. For some, assertiveness comes easy, but for countless others, it is a skill that must be learned. In this *New Harbinger Self-Help Essential*, you will learn how to evaluate your current patterns of communication, differentiate between aggressive, passive, and assertive styles of communication, and avoid anxiety by effectively asserting yourself. In addition, you will gain the skills needed to help you express your feelings and opinions, set limits, and initiate change. By using non-verbal assertive communication, you can learn to listen to others while staying assertive, and avoid manipulation.

New Harbinger Self-Help Essentials provide simple, effective exercises that you can use now to make lasting changes. This *Essential* is drawn from *The Relaxation and Stress Reduction Workbook*, which details easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its sixth edition, this workbook, highly regarded by therapists and their clients, remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives.

The Relaxation and Stress Reduction Workbook has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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