



Assertiveness for Earth Angels: How to Be Loving Instead of "Too Nice"

Doreen Virtue

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Do people take advantage of your niceness? Do you have trouble honestly communicating your feelings? If so, you may be an Earth Angel. In this groundbreaking book, **Doreen Virtue** teaches Earth Angels—extremely sweet people who care more about others' happiness than their own—how to maintain their inner peace and loving nature while at the same time holding boundaries. You'll discover how to overcome fears about saying no, and how to ask for what you want from those around you and from the universe.

Assertiveness for Earth Angels is for anyone who wants to learn the art of speaking up in relationships and in their activism about issues related to the world. Whether you need more assertiveness with your family, on the job, or in your healing work, you'll appreciate Doreen's gentle-but-firm approach to negotiating your earthly needs in heavenly ways!

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