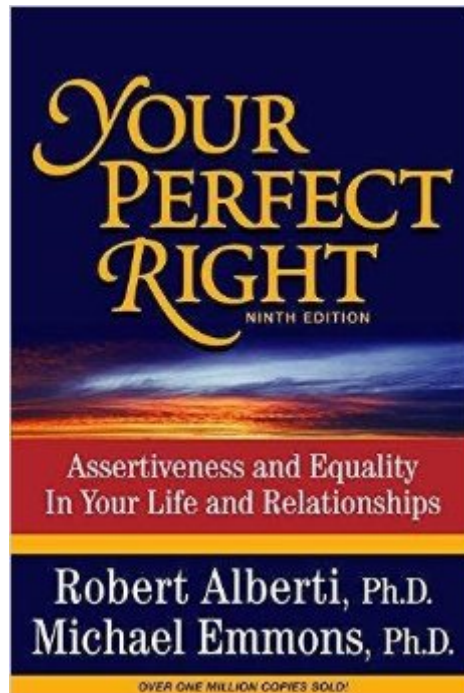


The book was found

Your Perfect Right: Assertiveness And Equality In Your Life And Relationships (9th Edition)



Synopsis

All-new edition of the most widely recommended assertiveness training book helps readers develop more effective self-expression with detailed procedures, examples, and exercises. The ninth edition has been completely revised to include new material on assertive expression in email and social networks, what to do when assertiveness doesn't work, anger expression, persistence, treatments for social anxiety, giving and receiving criticism, facial expression research, social intelligence, personal boundaries, components of assertive behavior, and recent brain research. Not a come-first book's all about equal-relationship assertiveness.

Book Information

Paperback: 312 pages

Publisher: Impact; 9th edition (May 21, 2008)

Language: English

ISBN-10: 1886230854

ISBN-13: 978-1886230859

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (54 customer reviews)

Best Sellers Rank: #26,605 in Books (See Top 100 in Books) #57 in Books > Self-Help >

Communication & Social Skills #201 in Books > Self-Help > Self-Esteem #315 in Books >

Self-Help > Relationships > Interpersonal Relations

Customer Reviews

As a clinical social worker and marriage and family therapist, I have a lot of clients whose primary issue is that they want to be more assertive in their lives. They feel too passive and not in control of their destinies. They are the people who say 'yes' when they want to say 'no', agree to do something for someone else when they are already maxed out, go to a movie they don't want to see because they are afraid of suggesting a different movie that they'd prefer seeing, etc. Of all the resources available for developing assertiveness skills, 'Your Perfect Right' is the best one I have used. I have utilized it in individual therapy and in groups. I've used it with very high functioning people and with people who have chronic mental illness. It is helpful and pragmatic for every aspect of the population. It will benefit people who want to work with the book alone and learn assertiveness skills for their daily lives. However, for people who feel that their passivity has already created more problems than they feel they can contend with, I recommend that they contact a therapist and use

this book in conjunction with therapy.

While reading this book, I became more aware of myself. Not only my attitude, behavior, just my over all thinking. What I thought and felt about situations, I looked at them in a different light. I am a person that used anger to be assertive, now I am able to re-evalute things and look at them before exploding. Now I handle situations very calmly.

As a therapist I have used this book and its predecessor many times to help marriage counseling clients understand how to better communicate. I have also used it as an optional self-help text in psych classes and with individual clients who have had problems dealing authentically with the world. It is an excellent aid for one and all.

I bought this book as optional reading material for a class I'm taking on assertiveness. Watch out world! just kidding. The book is broken down into 6 main sections. For folks like me that like to get a handle on the big picture before diving in, I find the organization of the book to be superb. I understand where we're going and how we're going to get there. The flow and cadence of the book is great too. Its one of those books where you cover a lot of ground quickly and is an "easy read" even though the material can bring about new insights and things to ponder about your own life, habits, communication style etc. And I like that its easy to pick up and put down so it can fit into my life too. One of the things that makes it so easy to translate into your life is the author uses very common real world scenarios...like little quips or scenes we've all likely heard or said before so it primes your mind to be receptive for what comes next. All in all, I'm thrilled with the book and am looking forward to testing out the concepts in real relationships. Very empowering.

No need to tell much about this powerful toll to build self esteem and practice assertiveness.. I had it for menu years but found that someone "borrowed" it with my consent. Now it was time to introduce the concept to my 18-year-old and that was when I missed it. This purchase is for th fact that this is Anne of those books that you MUST have in order to revisit and refresh your stand in negotiating "Your Perfect Right" to be assertive and say no in a way that avoids confrontation/defensiveness on the other party.

The book was worthwhile but I think some of the reviews oversold it. If you haven't done any work on yourself it might change your life, however, most of the suggestions were somewhat elementary.

I think it is useful as a reference tool but not sure that I will refer to it again now that I have read it.

I purchased this book after my psychologist recommended it. It is a great book for anyone lacking assertiveness in your family or in the workplace. Gives suggestions on how to be assertive in a positive way without being mean, or as I was doing, feeling guilty.

This book seems banal at first, with its obvious advice "what you say must take into consideration to whom you are saying it" and so on. It also seems to lack focus- meandering between a pickn'mix of unrelated topics from sex to performing in interviews. At times it seems very american-centric, with for example its hilarious "Have a snort" cocaine scenario- replete with perfectly polite drug addicts. But it grows on you. It makes a useful and clear definition of what being assertive- as opposed to aggressive- actually means. There are some valuable psychological insights as to why people are and aren't assertive. What comes clear is that opinions and feelings are special and important; you have a right to them and you should to some extent trust the force of them. The courage of your convictions. Living in Asia, this reminded me of just how confrontational and aggressive western culture has become. There has been an obsession with "self-esteem" that has spawned a very self-absorbed and alienated society. This book is not for those who want to dominate others, however, but for those who want better and more fulfilling relationships - of all types- with the other people in your life.

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