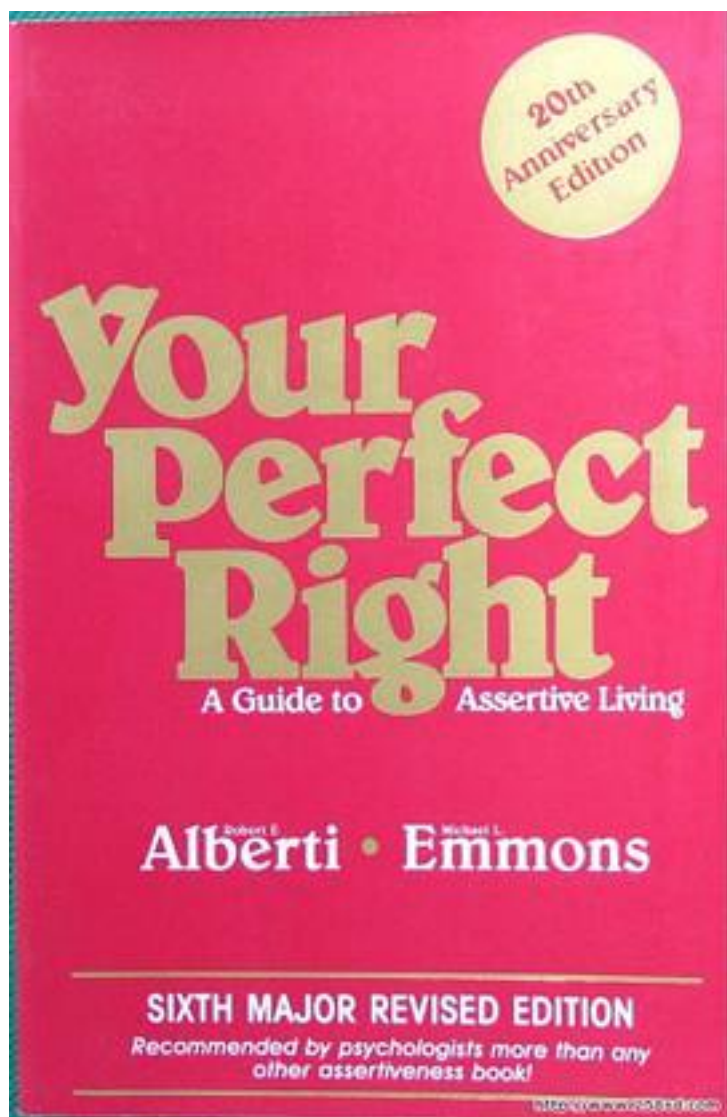


Your Perfect Right



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著者:Robert E. Alberti

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This is the book that popularized assertiveness training in 1970. Totally revised and expanded, this FIFTH EDITION has more than DOUBLE the material of the original, including new chapters on assertive sexuality, goal setting, and on-the-job assertiveness.

作者介绍:

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标签

评论

One take home message: Change your behavior first, then the change of your mindset would follow up.

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书评

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