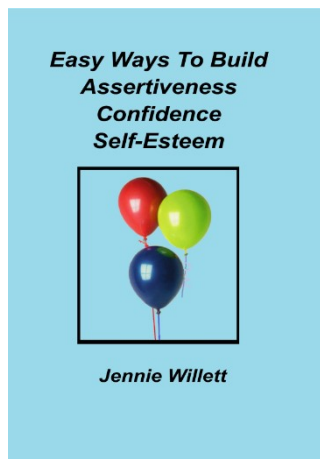


Easy Ways to build Assertiveness, Confidence, Self Esteem by Jennie Willett



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Book title: Easy Ways to
Build Assertiveness,
Confidence, Self Esteem
By: Jennie Willett

In *Easy Ways to Build Assertiveness, Confidence, Self Esteem*, Jennie provides a manual for personal development covering the basic building blocks for achieving your potential, taking control of your life and creating your own enjoyment and happiness from living.

About the author

As a lecturer in adult teacher education, specialising in the way people learn Jenny facilitated courses at a London college on personal development. Many of her students suffered from low mood, anxiety and depression prompting her to devise tasks to lift their mood. These tasks have been included in this book. Her private practice covers personal development, stress management and cognitive behaviour therapy. She can be contacted through TSL.

Reviews

If you are after a good read with practical tips on how to implement assertiveness into your life then this book is for you. It is broken down into easy chapters and can be applied to your personal not just professional life. It is written in an informal friendly style rather than an authority on the subject which I found appealing. I would highly recommend this book. [4*, 1st edition]



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