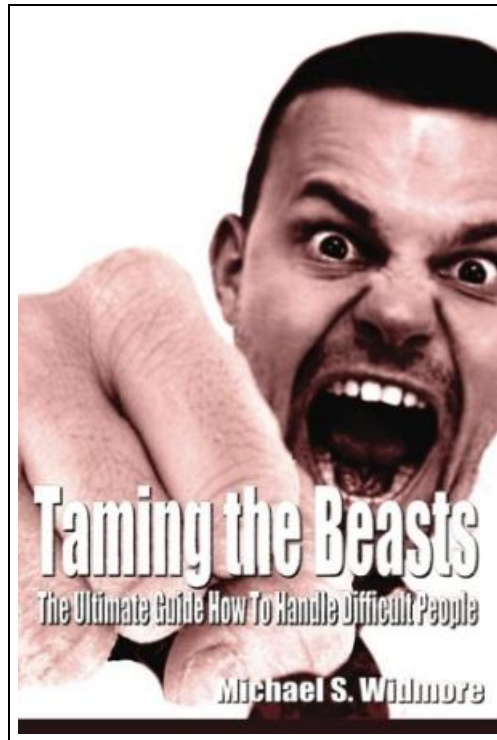


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book will arm you to the teeth so to speak, on the tools and techniques you would need to confront and handle the difficult people in your life. The proper mindsets, actions, tactics and strategies to keep them all under control and gain their respect! In this book you will learn: - How to set boundaries. - How to enforce boundaries. - How to deal with conflicts and be comfortable therein. - How to confront people. - Understand what Niceguys are and how to stop being one! - How to be true to yourself, stop being a people pleaser and thus gain others respect. - Assertiveness training, how to be more assertive etc. - Learning how to say NO! And much much more! ===== TABLE OF CONTENTS ===== What Are Boundaries? Kinds Of Boundaries Indicators Of Unhealthy Boundaries All About Self Respect How To Safeguard Yourself Setting Boundaries Important Boundary Setting Steps: Changing Yourself. Enforcing Boundaries Confronting People Do You Feel Guilty About Conflicts? Being Honest With Yourself Assertiveness Training Don T Hesitate To Be More Forceful When The Situation Requires It. Guidelines For Being Assertive The Nice Guy.

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