

The Assertiveness Workbook Randy J Paterson

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In The Assertiveness Workbook, Dr. Randy J. Paterson combines science and clinical experience to create the definitive guide for overcoming assertiveness problems. Blending wisdom, wit, and compassions, this sophisticated yet highly readable volume shows people how to improve their assertiveness in a structured, step-by-step fashion.

The Assertiveness Workbook: How to Express Your Ideas and ...

He is the author of four books (including How to be Miserable, Private Practice Made Simple, and The Assertiveness Workbook - the He founded and operates Changeways Clinic (<http://www.changeways.com>), a multiple-provider psychotherapy practice focusing on cognitive behaviour therapy for stress, anxiety, and mood disorders.

The Assertiveness Workbook: How to Express Your Ideas and ...

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The Assertiveness Workbook contains effective, cognitive behavioral techniques to help you become more assertive. Learn how to set and maintain personal boundaries without becoming inaccessible. Become more genuine and open in relationships without fearing attack. Defend yourself when you are criticized or asked to submit to unreasonable requests.

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The Assertiveness Workbook. Published in 2000 by New Harbinger Publications, this workbook considers two primary questions: "What holds us back from being assertive?" and "What are the specific skills required for effective assertive communication?" This section of the site provides an excerpt from the book, the text of a review, and downloadable versions of several of the forms and measures included in the book.

The Assertiveness Workbook - Randy Paterson

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The Assertiveness Workbook | NewHarbinger.com

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ASSERTIVENESS WORKBOOK RANDY PATERSON PDF

Randy J. Paterson, PhD, is a psychologist and director of Changeways Clinic-a private psychotherapy service-in Vancouver, BC, Canada. He is author of The Assertiveness Workbook, How to Be Miserable, and Your Depression Map; and coauthor of the free online Antidepressant Skills Workbook. He presents lectures and workshops internationally on topics, including mental health policy, cognitive behavioral therapy (CBT), the nature and treatment of depression and anxiety disorders, and the failure ...

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The ability to be assertive is a major part of communication. This step-by-step guide uses cognitive-behavioural techniques to help the reader suffering from assertiveness problems to set realistic personal boundaries and transform interpersonal styles. real-life examples, checklists and exercises are supplemented with support and encouragement.

The Assertiveness Workbook : Randy J. Paterson : 9781572242098

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