



# A Woman in Your Own Right: Assertiveness and You

By Anne Dickson



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Anne Dickson defines assertiveness as the art of clear, honest and direct communication. An assertive approach builds self-esteem and strengthens our ability to make our own choices in life, by helping us to manage the anxiety and stress of communicating in difficult situations. Instead of being governed by the need to either please or blame others, assertiveness teaches us to take responsibility for our own feelings and behaviour. A Woman in Your Own Right has become the core assertiveness training handbook, recommended in confidence building and personal development courses, coaching and mentoring programmes as well as counselling and therapeutic contexts throughout the UK and, with subsequent translations, in many parts of the world. Most importantly, Anne Dickson's work has helped millions of women who have been inspired and empowered by this book. Revised and reissued to celebrate its 30th year.

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### **Editorial Review**

#### About the Author

Anne Dickson Ph.D. has degrees in psychology, mental health and environmental science. She has worked as a freelance psychologist, writer and trainer for many years and is recognised as a leading authority on women's development, assertiveness training and interactive communication. Her best-selling, widely-translated A Woman In Your Own Right is still used as a core textbook for assertiveness trainers around the world.

### **Users Review**

#### **From reader reviews:**

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Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the reserve untitled A Woman in Your Own Right: Assertiveness and You can be good book to read. May be it may be best activity to you.

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