



Insight into Assertiveness (Waverley Abbey Insight Series)

Chris Ledger, Christine Orme

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Based on the Waverley Abbey Insight Day on Assertiveness led by Chris Ledger, this book will help both those working with others through issues relating to lack of assertiveness, and those who themselves realise their need to learn this skill. 'People-pleasers, or those described as non assertive, are often plagued by a need to say yes to every request, ending up looking after other people's needs to the detriment of their own. This can lead to hidden resentment, frustration and anger. 'We need to learn to say no where appropriate and to express our thoughts, feelings and desires in a way that doesn't abuse others.' We are shown we first have to identify why we are locked into this people-pleasing habit and then learn a new way of relating. This excellent book informs and helps the reader and has a reflection, activity and prayer at the end of each chapter to assist on this journey of understanding and learning.

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