

Assertiveness

by Eva Bach & Anna Forés



ASSERTIVENESS

ONLY FOR EXTRAORDINARY PEOPLE

BY EVA BACH & ANNA FORÉS

144 pages

Communication Skills - Personal Development

- Either you have your own aims or you belong to someone else.

SYNOPSIS

Being assertive is a powerful tool for ensuring more positive and bonding relationships with others as it enables us to express what we feel, what we think and what we need without hurting anyone or getting hurt. This book is an essential manual on communication and human relations. The reader will find a great number of case-studies and everyday situations which sound familiar. Ideas and solutions are provided that one can apply in one's personal and work environment. Assertiveness is a relatively new concept under study. Eva Bach and Anna Forés show it clearly to us in a simple, delicate, deep yet straightforward way.

ABOUT THE AUTHORS



Eva Bach has a degree in Education Science, is a teacher, a trainer of trainees and a writer, specialised in personal development. She is a teacher on various postgraduate university courses and a pedagogical assessor. Author of *Adolescentes*, *Sedúcete para seducir*, *Desedúcate*, *Lo más cerca posible*, *e-mociones* and *El divorcio que nos une*.



Anna Forés is a doctor in Philosophy and Education Science and a graduate in Pedagogy. She is a teacher at the Ramon Llull University and Barcelona University. Author of *Teatro de la mente y las metáforas educativas*, *La didáctica de la educación social*, *E-mociones* and co-author of *La Resiliencia*.

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