

Be Assertive! Be your authentic self!

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Be your authentic self! This is not another book that gives you a plaster to put on the problem. This is a clear-cut cognitive behavioural therapy workbook that will help you become a more empowered and assertive individual, as well as, strengthen your bethelsportsnetwork.coms: 3. I am really proud and delighted to share with you that I have published my book: Be Assertive! Be your authentic self! It is cognitive behavioural therapy workbook that will help the reader become more assertive, as well as, strengthen the self-esteem. Be your authentic self! This is not another book that gives you a plaster to put on the problem. This is a clear-cut cognitive behavioural therapy workbook that will help you become a more empowered and assertive individual, as well as, strengthen your self-esteem. After reading the book, I'm delighted that it delivered what it promises to deliver. The author has a straightforward approach in conveying her message of being assertive and authentic. No se requiere dispositivo Kindle. Descarga una de las aplicaciones gratuitas de Kindle para comenzar a leer libros de Kindle en tu smartphone, tableta y equipo.

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