



References & Recommended Reading List

Alpha Assertiveness Guide for Men and Women – Gerard Shaw

The Keys to Being Brilliantly Confident and More Assertive – Richard Banks

The Assertiveness Guide for Women – Julie De Azevedo Hanks

The Art of Everyday Assertiveness: Speak Up. Say No. Set Boundaries. Take Back Control. – Patrick King

Assertiveness: How to Stand Up for Yourself and Still Win the Respect of Others – Judy Murphy