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### Our Effect Ight Ssertiveness Nd

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Emmons and assertiveness training became synonymous when he coauthored Your Perfect Right with Robert Alberti. Since 1970, he devoted much of his life's work to furthering and understanding assertiveness.

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“Your Perfect Right- A Guide to Assertive Living” suggests the following steps for analysis of your responses to the Assertiveness Inventory: Look at individual events in your life, involving particular people or groups, and consider your strengths and shortcomings accordingly.

**By Robert E. Alberti and Michael L. Emmons**

Your Perfect Right—the leading assertiveness guide with over 1.3 million copies sold—is now fully updated and revised. This indispensable guide to equal-relationship assertiveness is packed with step-by-step exercises, tips, and skills to help you express yourself effectively.

**Your Perfect Right: Assertiveness and Equality in Your ...**

In the 1970s, assertiveness training for women was popular in the United States – and so were self-help books such as Robert Alberti and Michael Emmons’ 1970 self-help book Your Perfect Right: A Guide to Assertive Behavior (10th revised ed., 2017).

**Amazon.com: Customer reviews: Your Perfect Right ...**

Your Perfect Right: Assertiveness and Equality in Your Life and Relationships. Robert E. Alberti, Michael L. Emmons. Impact Publishers, 2001 - Self-Help - 244 pages. 0 Reviews. The eighth edition of the most highly acclaimed and widely recommended assertiveness training book helps readers step-by-step to develop more effective self-expression ...

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