

## The Power Handbook: Adventures in Effective Assertiveness (Paperback)



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### ***Reviews***

*I actually started out looking at this publication. it was actually writtern really perfectly and useful. Its been written in an extremely simple way and it is only soon after i finished reading through this pdf by which really modified me, change the way i really believe.*  
***(Breanna Kerluke)***

## THE POWER HANDBOOK: ADVENTURES IN EFFECTIVE ASSERTIVENESS (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you ready to start getting what you want out of this life? Do you want to feel powerful enough to say Yes to the joys and opportunities of living, and No to the things you don't want? Are you ready to get better at solving problems and resolving conflicts than you have ever been? Do you want to experience more power and more happiness in your relationships with family, friends, co-workers, and the rest of the world? If so, then this is the handbook for you. Based on material from his book, *A Conspiracy to Love: Living A Life of Joy, Generosity, and Power* (2009, 2012), Dr. River Smith has developed a simple, effective step by step formula to increase your chances of getting what you want from others in your life. Whether it's your lover, spouse, boss, annoying co-worker, congressperson, or friend, you'll be able to use the formulas in this handbook to help you get what you want from them and/or resolve most conflicts. This handbook will give you the tools to have happier and healthier relationships with everyone, and to feel more powerful than ever. C. River Smith, Ph.D. is a psychologist, social justice educator, author, alternative TV producer, former local NPR commentator and (some say) a loud mouthed punk. He is available for talks, trainings, and workshops.



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