

## Suggested Reading

- Becoming Assertive - Sonya Herman
- Caring Enough to Confront: How to Understand and Express Your Deepest Feelings Towards Others - David Augsburger
- Confidence in Communication - Ron Adler
- Creative Aggression: The Art of Assertive Living - Bach/Goldbert
- How to Stop Your Need for Approval from Destroying Your Relationship With Your Life - Barry Lubetkin
- It's Up to You: Developing Assertive Social Skills - Eileen D. Gambrill
- Personal Power: Becoming More Assertive and Successful at Work - Phillipa Davies
- Pulling Your Own Strings: Dynamic Techniques for Dealing with Other People and Living - Dr. Wayne Dyer
- The Courage to Confront Your Fears and Getting Unstuck Overcoming Problems - Les Brown
- When Smart People Fail - Carol Hyatt
- Your Erroneous Zones - Dr. Wayne Dyer
- Your Needs Met - Jack Addington, Cornella Addington
- Your Perfect Right: A Guide to Assertive Living - Robert E. Alberti, Michael L. Emmons