



# **Your Perfect Right: Assertiveness and Equality in Your Life and Relationships**

*Robert E., PhD Alberti, Michael L., PhD Emmons*

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The thirtieth anniversary (eighth) edition of the most widely recommended assertiveness training book helps readers step-by-step to develop more effective self-expression. Emphasizes equal-relationship assertiveness - not the all-too-common "me-first" attitude. Packed with detailed procedures, examples, and exercises. The eighth edition is completely revised and updated, and includes new material on what it means to be assertive in the 21st century, living in a multicultural society, making the decision to express yourself assertively, appropriate anger expression, and treatment for social anxiety and phobia.

With over one-and-a-quarter million copies sold, YOUR PERFECT RIGHT ranked 5th among all self-help books in a national survey of psychologists, as reported in AMERICAN JOURNAL OF PSYCHOTHERAPY, PSYCHOLOGY TODAY, and THE NEW YORK TIMES. It ranked 12th among the "best self-help books" in a national survey reported in THE AUTHORITATIVE GUIDE TO SELF-HELP BOOKS (1994).

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