





UM Student Counseling Center Collection HS/HSL Library

Assertiveness

- 2 Your perfect right : a guide to assertive living / Robert Alberti, Michael Emmons. 
- author** Alberti, Robert E.
edition 25th anniversary 7th ed.
series The Professional edition of Your perfect right ; v. 1
published 1995
format Book
subject Assertiveness (Psychology)
Interpersonal communication.
location Health Sciences(1/ 0)
- 3 Messages : the communication skills book / Matthew McKay, Martha Davis, Patrick Fanning. 
- author** McKay, Matthew.
edition 2nd ed.
published 1995
format Book
subject Communication.
location Health Sciences(1/ 0)
- 4 How to be an assertive (not aggressive) woman in life, in love, and on the job : a total guide to self-assertiveness / by Jean Baer. 
- author** Baer, Jean L., 1926-
published 1976
format Book
subject Assertiveness (Psychology)
Women -- Psychology.
More--see full record
location Health Sciences(1/ 0)
- 5 When I say no, I feel guilty : how to cope--using the skills of systematic assertive therapy / Manuel J. Smith. 
- author** Smith, Manuel J., 1934-
published 1975
format Book
subject Assertiveness (Psychology)
Behavior Therapy -- Popular Works.
location Health Sciences(2/ 0)