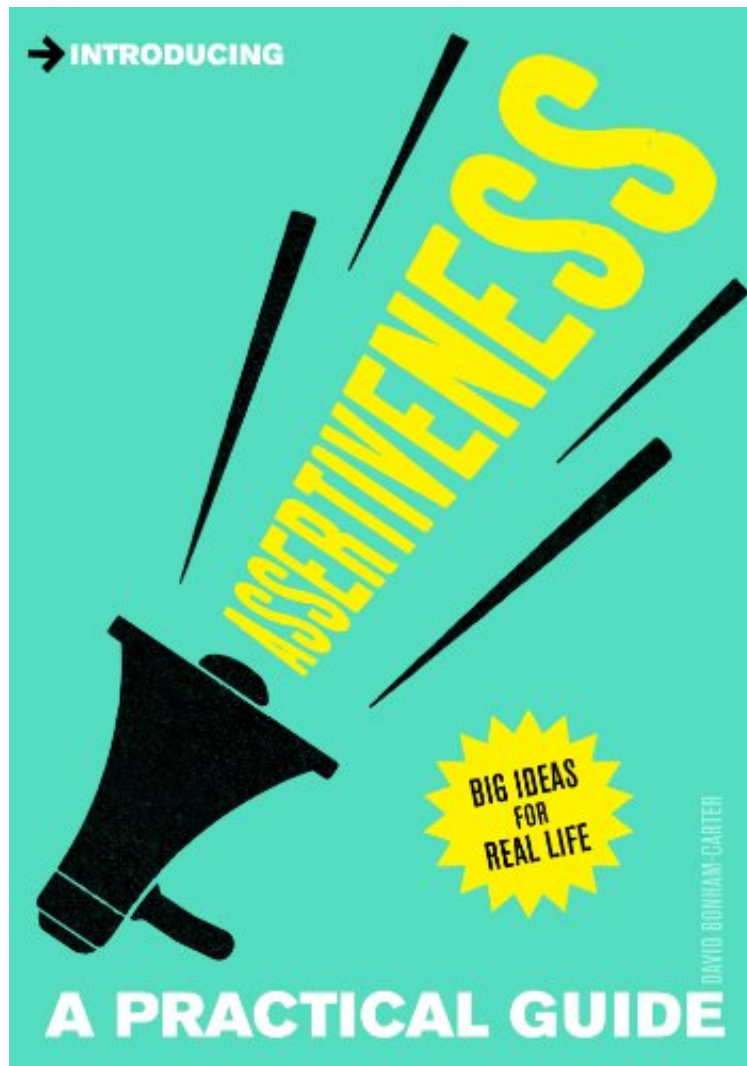


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## Introducing Assertiveness: A Practical Guide (Introducing...)

David Bonham-Carter  
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About the Author David Bonham-Carter is a life coach with UK and international clients, helping them with issues such as stress, self esteem, making life changes or dilemmas in relationships, career and other areas.