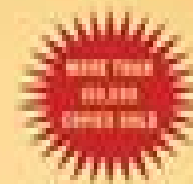


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A PRACTICAL GUIDE FOR POSITIVE CHANGE

SHARON ANTHONY BOWIE AND GORDON H. BOWIE

Asserting Yourself A Practical Guide For Positive Change

JA Banks



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The book delves into Asserting Yourself A Practical Guide For Positive Change. Asserting Yourself A Practical Guide For Positive Change is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Asserting Yourself A Practical Guide For Positive Change, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
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 - Chapter 3: Asserting Yourself A Practical Guide For Positive Change in Everyday Life
 - Chapter 4: Asserting Yourself A Practical Guide For Positive Change in Specific Contexts
 - Chapter 5: Conclusion
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