

**GETTING
YOUR
OWN
WAY**



**A GUIDE TO
GROWING UP
ASSERTIVELY**

MARY E. MIHALY

Getting Your Own Way A Guide To Growing Up Assertively

Darlene Tando



Getting Your Own Way A Guide To Growing Up Assertively:

Getting Your Own Way Mary E. Mihaly,1979 Discusses assertive techniques that teenagers can use to protect themselves from feeling pushed around by parents teachers and peers *The Complete Idiot's Guide to Assertiveness* Jeff Davidson MBA, CMC,1997-09-01 You re no idiot of course You excel at your job raise great kids and even participate in local organizations But when it comes to asserting yourself in tricky situations you feel like hiding under your desk Stand up and be heard *The Complete Idiot s Guide to Assertiveness* provides you with step by step guidelines for asserting yourself with everyone from your kids to your boss Feel confident about negotiating with your landlord speaking up at a town meeting and even telling your mother in law that you don t want to come over for dinner Library Journal ,2003 **The Guide to Compassionate Assertiveness** Sherrie Vavrichek,2012-08-01 Speaking up for yourself has benefits but it has costs too Many people who struggle with assertiveness are paralyzed by worries that they ll seem mean petty or that they will hurt the other person s feelings Even though they want to speak up they may keep their true needs and opinions to themselves because of these fears eventually building stress resentment and alienation *The Guide to Compassionate Assertiveness* does not require that readers ignore the needs of others and focus solely on their own desires Rather this unique blend of cognitive behavioral therapy based assertiveness training and Buddhist psychology helps readers practice assertiveness skills while caring deeply about the welfare of others This book helps readers develop a form of assertiveness that emphasizes collaboration negotiation and compromise It focuses on speaking up for the benefit of others and speaking up for the relationship not just one s own needs In this way readers learn to assert their needs in ways that match their compassionate value systems This book is the ideal assertiveness guide for those who are afraid of rejection have a deep concern for how others perceive them often feel judged by others or have difficulty expressing their feelings and needs Readers learn to apply assertiveness skills in all domains of their lives including in romantic relationships as parents at work and in social settings Books in Print ,1987 Publishers Weekly ,1979 *Library of Congress Catalogs* Library of Congress,1980

Growing Up on the Spectrum Lynn Kern Koegel, Ph.D.,Claire LaZebnik,2009-03-19 The first comprehensive guide to helping teens with autism from the acclaimed authors of *Overcoming Autism* With an estimated half a million Americans under twenty six on the autism spectrum this book offers the reassurance solace and practical solutions that so many people are searching for Following up on their work in *Overcoming Autism* which offered advice for teaching young children on the spectrum Lynn Koegel and Claire LaZebnik now present strategies for working with teens and young adults living with this complex condition Addressing universal parental concerns from first crushes and a changing body to how to succeed in college and beyond *Growing Up on the Spectrum* is a beacon of hope and wisdom for parents therapists and educators alike

The Conscious Parent's Guide to Gender Identity Darlene Tando,2016-07-01 If your child is questioning their gender identity you may have questions of your own *The Conscious Parent s Guide to Gender Identity* helps answer those questions

providing a relationship oriented approach to supporting your child s journey Conscious parenting means being present with your children and taking the time to understand their point of view Using this mindful method you can support and guide your children as they discover their authentic selves With this easy to navigate guide you ll learn how to Communicate openly with your child about gender identity Empower your child to make their own decisions Create a welcoming environment at home Guide your child through social and medical transitions Help your child feel comfortable with friends at school and in your community Deal with others opinions about your parenting choices Plan a happy successful future for you and your child This mindful method of parenting will allow you and your children to strengthen your bond while allowing them to be who they truly are

You Don't Have to Be a Wimp to Be Abused Beverly Wallin,2016-04-21 Jane is a composite character of many women some fictional and some similar to true life She is beautiful strong willed intelligent and athletic No one would suspect that shes a victim of Domestic Violence against Women Jane encompasses the types of domestic abuse women suffer She is brainwashed to be a people pleaser She represses her true feelings to survive her home and school life Jane must appear positive and happy to avoid punishment She is disempowered to assert herself To avoid the disappointment of her parents Jane lies and steals to get her wants and dreams met She is screaming inside with her need to be loved unconditionally Jane rebels by detaching from herself Her unrealistic world view causes her to be co dependent vulnerable and have a walking target for domestic abuse against women In the end she is empowered to finally get free and to heal Praise for You Dont have to be a Wimp to be Abused for Women Wallin crafts a brilliant insightful work Readers will learn practical ways to deal with their issues You wont be able to put this book down even if you dont identify with Jane The Quick Reference Guide really nails the issues Marlene Worrell novelist and screenwriter latest release is *Angel in Shining Armor* Very interesting and informative I like the idea of using a fictional character narrative to explore the various issues surrounding domestic abuse The technique works well and is preferable to the more traditional methods Laurence French

School Library Journal ,1996 **Be More Assertive** Suzie Hayman,2010-09-24 do you lack the confidence to say no do you feel that people sometimes take you for granted would you like strategies that will help you communicate your needs openly and calmly Teach yourself Assertiveness will help you if you re struggling to make yourself heard It will show you how becoming more assertive can change every part of your life for the better and give you techniques and strategies to make assertive behaviour a part of your life You will learn how to give and receive criticism make and receive compliments cope with anger fear and most importantly to say no without feeling guilty NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of asserting yourself THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS

Innovative exercises illustrate what you've learnt and how to use it Subject Catalog, 1979 Library of Congress, 1979

Good Small Business Guide 2013 Bloomsbury Publishing Plc, 2013-01-01 Fully updated the Good Small Business Guide 2013 is packed with essential advice for small business owners or budding entrepreneurs Containing 140 easy to read articles and an extensive information directory this comprehensive guide offers help on all aspects of starting and growing a small business *Brilliant Assertiveness* Dannie Lu Carr, 2012-08-07 Being assertive means that you are self-assured know what you want from life are happy to stand up for yourself and have the respect of those around you Do you want to be like this This book will show you how Practical and easy to read it looks at what it means to be assertive in today's world As well as containing plenty of exercises and case studies it also includes a personal plan which can be adapted by you to suit the issues you are facing Growing Up DK, 2024-05-21 Deal with the ups and downs of growing up This visual guide to puberty and adolescence is a must read for all parents and tweens embarking on those scary teenage years This growing up book covers contemporary issues such as internet safety and tackles key topics such as sexuality and body image Demystify puberty with this must read home reference book From your menstrual cycle to sexting and even cyber bullying This straightforward unpatronizing approach to tricky topics is the essential illustrated guide to adolescence for both parents and their teens The stunning graphics and illustrations make this invaluable for tweens and teens alike Help Your Kids With Adolescence is a guide for modern kids coming into their teen years It addresses topical issues like body image the effects of social media and sexting It also offers a biological explanation for the physical side of being a teenager from mood swings periods and breaking voices This book offers a no nonsense non judgemental approach to help parents and their kids navigate their way through puberty and adolescence Sexuality Confidence Social Media Emotions Stress Puberty and adolescence can be a confusing and complex time Help Your Kids With Adolescence offers straightforward advice to help parents and children survive and thrive during the turbulent teenage years Emotional well being physical changes online safety family dynamics relationships sexuality and much more are discussed and explained through jargon free text and simple clear illustrations Engaging graphics and illustrations make this modern comprehensive guide to adolescence invaluable for tweens and teens alike Whether as a quick reference guide or cover to cover read This self understanding and self development book will discuss and explain the following topics Growing Up Female Puberty Male Puberty Healthy Body Healthy Mind Achieving Potential Digital Life Sexuality Relationships And more DK's bestselling Help Your Kids With series contains crystal clear visual breakdowns of important subjects Simple graphics and jargon free text are key to making this series a user friendly resource for frustrated parents who want to help with children get the most out of life Get help with anything from geography and music to maths SATs and growing up The Complete Guide to Overcoming Eating Disorders, Perfectionism and Low Self-Esteem (ebook bundle) Christopher Freeman, Constance Barter, Melanie Fennell, Peter Cooper, Roz Shafran, Sarah Egan, Tracey Wade, 2013-01-17 Eating disorders such as anorexia nervosa bulimia nervosa and

binge and disordered eating affect a significant proportion of the general population They can cause untold suffering to those with the disorder and those around them who find themselves at a loss how to help their loved one For the first time this unique bundle combines hope and inspiration to those experiencing eating disorders either first hand or up close Includes self help programmes for the eating disorders and the inspirational diary of recovery written by an ex sufferer of Anorexia Nervosa now a Youth Ambassador for Beat the Eating Disorders association Includes the following Overcoming Anorexia Overcoming Bulimia Nervosa Binge Eating Overcoming Perfectionism Overcoming Low Self Esteem Mealtimes Milestones

Effective GP Commissioning - Essential Knowledge, Skills and Attitudes Sunil Gupta, 2017-11-22 The proposed abolition of Primary Care Trusts and transfer of their commissioning functions to GP consortia have been greeted with intense excitement by some GPs and with extreme trepidation by others This book explains what commissioning is and how to do it enabling clinicians to flourish as commissioners in the new NHS Some topics that will be familiar to readers such as long term conditions management patient safety and the wider determinants of health are explored here from a commissioning perspective Others which may be less familiar such as how to delegate how to improve productivity management theories and the content of financial accounts are explored in detail Additional skills needed by commissioning GPs fostering innovation assertiveness and emotional competence as well as negotiation presentation and even media management skills are outlined in a clear and straightforward fashion while the necessary attitudes involved are described with reference to the Nolan Principles of Public Life A straightforward yet comprehensive guide *Effective GP Commissioning Essential Knowledge Skills and Attitudes* will be essential for GPs prospective GPs and those with an interest in effective commissioning A useful resource for all GPs whatever their level of engagement and indeed for non clinicians also Sunil Gupta is clearly a GP and business magpie who has an incredible ability to gather organise and present useful information The content of this book is well researched linking considerable volumes of information in a very useful constructive manner From the Foreword by Simon Gregory

Books in Print Supplement, 1978 **Choosing Single Motherhood** Mikki Morrisette, 2008 The comprehensive guide for single women interested in proactively becoming a mother includes the essential tools needed to decide whether to take this step information on how best to follow through and insight about answering the child's questions and needs over time *Choosing Single Motherhood* written by a longtime journalist and Choice Mother a woman who chooses to conceive or adopt without a life partner will become the indispensable tool for women looking for both support and insight Based on extensive up to date research advice from child experts and family therapists as well as interviews with more than one hundred single women this book explores common questions and concerns of women facing this decision including Can I afford to do this Should I wait longer to see if life turns a new corner How do Choice Mothers handle the stress of solo parenting What the research says about growing up in a single parent household How to answer a child's daddy questions The facts about adoption anonymous donor insemination and finding a known donor How the children of pioneering Choice

Mothers feel about their lives Written in a lively style that never sugarcoats or sweeps problems under the rug Choosing Single Motherhood covers the topic clearly concisely and with a great deal of heart

Eventually, you will entirely discover a extra experience and deed by spending more cash. nevertheless when? get you consent that you require to acquire those all needs in imitation of having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to comprehend even more approaching the globe, experience, some places, similar to history, amusement, and a lot more?

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