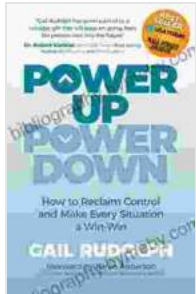


How to Reclaim Control and Make Every Situation Win-Win



Power Up Power Down: How to Reclaim Control and Make Every Situation a Win/Win by Gail Rudolph

★★★★★ 5 out of 5

Language : English
File size : 3332 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 243 pages



Are you tired of feeling like you're always giving in?

Do you wish you could stand up for yourself more without being aggressive?

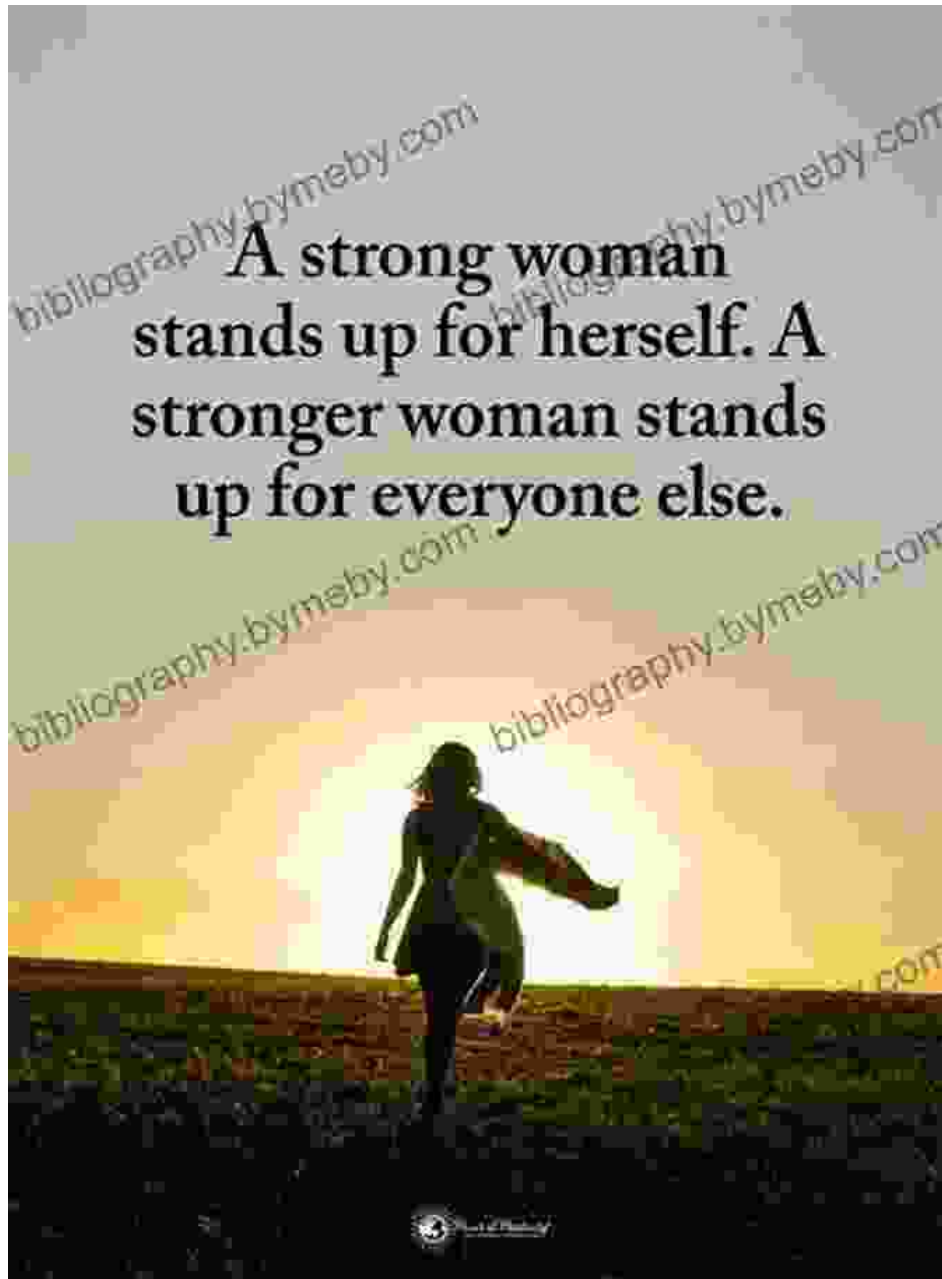
In this book, you'll learn how to:

- Identify your needs and wants
- Communicate your needs and wants assertively
- Negotiate for win-win outcomes
- Defend your boundaries
- Build relationships based on trust and respect

With the skills you'll learn in this book, you'll be able to:

- Get what you want without being aggressive
- Stand up for yourself without fear
- Build strong, healthy relationships
- Achieve your goals
- Live a more fulfilling life

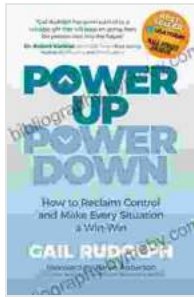
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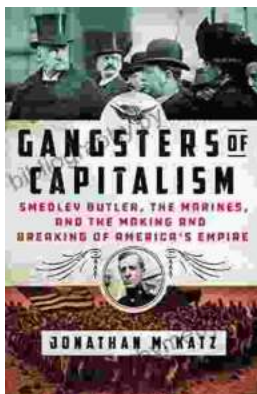
This book is for anyone who wants to learn how to take control of their life and make every situation a win-win. If you're ready to make a change, Free Download your copy today!

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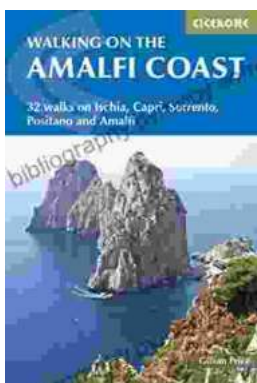


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