



# Your Perfect Right: A Guide to Assertive Living

By Robert E. Alberti, Michael Emmons

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**Your Perfect Right: A Guide to Assertive Living** By Robert E. Alberti, Michael Emmons

With over 1.25 million sold, this is the assertiveness book most often recommended by psychologists -- fifth-most-recommended among ALL self-help books -- according to a national survey. This manual is packed with step-by-step procedures, detailed examples, and exercises. Topics: How Assertive Are You Now?; "Can You Give Me an Example?"; It's Not What You Say, It's How You Say It!; Anxiety; Anger; Put Downs; Assertiveness Builds Equal Relationships; Intimacy and Sexuality; Assertiveness Works at Work, Too; Handling Difficult People; Deciding When To Be Assertive; Helping Others Deal With the New Assertive You. The seventh edition also contains material on living in a multicultural society, making the decision to express yourself, new recommendations on anger expression and anxiety treatment.

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## **Editorial Review**

### **Review**

"...5-star Highly Recommended rating in the national survey... Some mental health professionals call (it) 'the assertiveness bible,' they think so highly of it... this is an excellent self-help book." -- *The Authoritative Guide to Self-Help Books*

"...without a peer in the field. It is truly a classic." -- *Aaron Beck, M.D., Psychiatrist; Author of Love Is Never Enough*

"Not only is it the best book on assertiveness, it sets the standard for self-help books in general." -- *Gary Emery, Ph.D., Psychologist; Author of The Positive Force*

"There are many practical guides to assertive living but this is, without question, the best: clearly written, psychologically sound, rich with illustrative examples for everyday application." -- *Cyril M. Franks, Ph.D., Editor, Child and Family Behavior Therapy*

"Your Perfect Right is the gold standard...for self-help. It is truly an outstanding contribution to the clinician's therapeutic armamentarium." -- *Allen Fay, M.D., Psychiatrist; Author of I Can If I Want To*

### **About the Author**

Robert E. Alberti, Ph.D., is a psychologist, consultant, and book publisher. A Fellow of the American Psychological Association, he is also a Clinical Member of the American Association for Marriage and Family Therapy.

Michael L. Emmons, Ph.D., is a psychologist in private practice, consultant to educational, government and business organizations, and a trainer of marriage and family counseling interns at California Polytechnic State University.

## **Users Review**

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