

THE ASSERTIVENESS GUIDE FOR WOMEN

How to Communicate Your Needs, Set Healthy Boundaries,
and Transform Your Relationships

JULIE DE AZEVEDO HANKS, PHD

About
the
Author

JULIE DE AZEVEDO HANKS, PHD, is a psychotherapist and licensed clinical social worker. She is passionate about helping women find their voice in their own lives, relationships, and in the world. She is an author and blogger, local and national media contributor, online influencer, consultant, award-winning performing songwriter, and founder and director of Wasatch Family Therapy. A native Californian, Hanks currently lives in Salt Lake City, UT, with her husband and their four children.

Foreword writer **RIANE EISLER, JD**, is a systems scientist and cultural historian best known as author of *The Chalice and the Blade: Our History, Our Future* (now in 26 foreign editions) and *The Real Wealth of Nations: Creating a Caring Economics*, hailed by Archbishop Desmond Tutu as "a template for the better world we have been so urgently seeking."

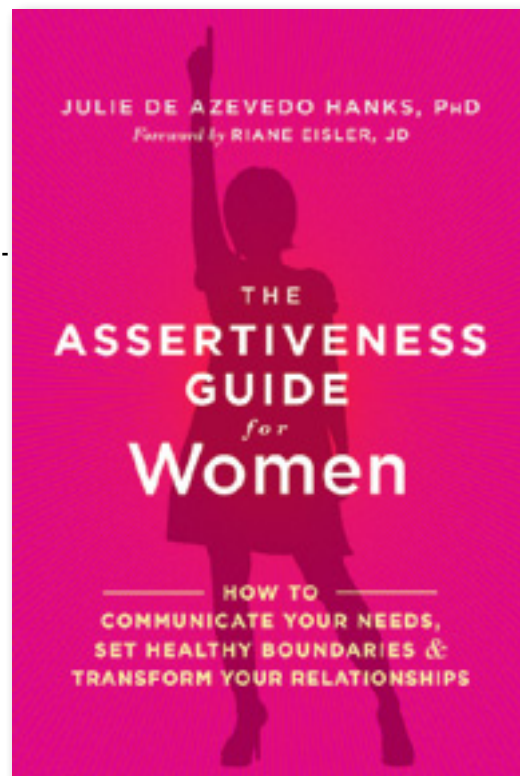
Isn't it time you took a stand?

Many women struggle with assertiveness, but if you're prone to anxiety and avoidance, it is especially difficult. Grounded in attachment theory, this essential guide will help you identify your thoughts and feelings, balance your emotions, communicate your needs, and set healthy boundaries to improve your life.

When you're assertive, you're able to communicate your needs and wishes clearly while respecting yourself and anyone else involved in the interaction. But when you aren't assertive, you may stop yourself from saying anything when your needs aren't being met, or end up lashing out in hostile or hurtful ways. People with different attachment styles struggle with being assertive for different reasons, and even women with a secure attachment style may have difficulty expressing emotion when faced with challenging circumstances.

Using strategies based in mindfulness, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT), *The Assertiveness Guide for Women* can help you understand the attachment styles that keep you from asserting yourself. Rather than being caught in a cycle of rumination and regret when you're unable to express yourself or even acknowledge your own needs, you'll be ready to assert yourself and get what you want.

Whether you're anxious and overwhelmed by the intensity of your emotions, avoidant and struggle to identify your emotions, or otherwise have difficulty expressing yourself, this book will help you become more aware of your own thoughts and feelings, and empower you to ask for what you need, set boundaries, and speak your truth for a more fulfilling life.



FOR MORE INFORMATION, CONTACT
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Julie de Azevedo Hanks, PhD

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Suggested Angles:

- **What is Your Communication Stance?**

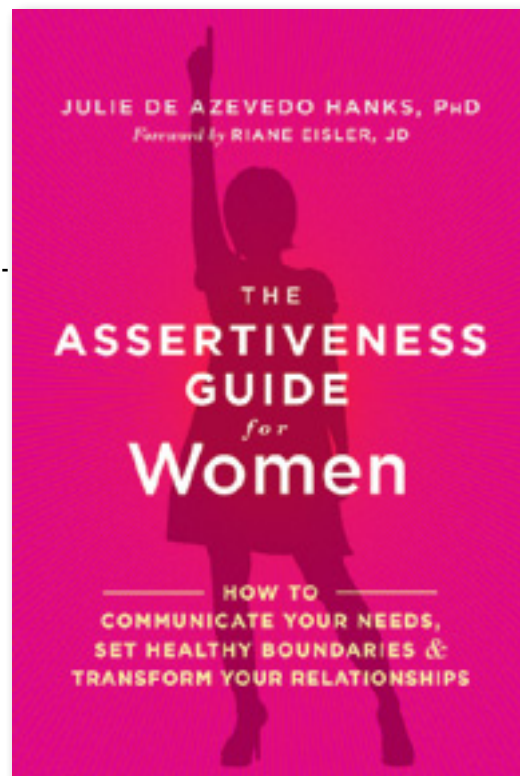
In *The Assertiveness Guide for Women* you learn about three communication stances—from the passive **Doormat** to the aggressive (or passive-aggressive) **Sword** to the assertive **Lantern**—and find practical examples that show you how to apply your new communication and emotional awareness skills in your own life. What is your type of communication stance, and how can you be more like the assertive Lantern?

- **How to be Assertive in a Male-Dominated Work Place?**

In certain industries that are primarily and historically male-dominated how can a woman assert herself? For example, sexism runs rampant in Silicon Valley and the tech industry—how can assertiveness play a part in changing how women are taken seriously in the work place?

- **Why, for Women, is Assertive Still Construed as Mean?**

Many women, particularly in the work place, are still considered mean or aggressive if they are being assertive—why is that and can we change this perception?



Areas of Expertise:

- Assertiveness
- Attachment Styles
- Attachment Theory
- Communication Styles
- Mindfulness
 - DBT
 - CBT

More About the Author:



Dr. Hanks is a sought after emotional health and relationship expert on TV and radio. She is a regular contributor on KSL TV's Studio 5, a celebrity commentator on Reelz Channel's new show *Celebrity Legacies*, and has appeared nationally on TLC, Discovery Health, FOX News Channel. Her down-to-earth advice has also been featured in *The Wall Street Journal*, *Cosmopolitan*, CNN, *Women's Day*, *Women's Health*, *Real Simple*, *Parenting*, and others. Hanks has written for Answers, Sharecare, DailyStrength, and PsychCentral websites. Sharecare named Hanks the #1 online influencer for depression, and the #2 mental health expert on the web.

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