



Assertive, Liberated

A Practical Manifesto for Believing in Yourself

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Category : Practical Books

Genres : Well-Being/Self-Help

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So long, good girl! Here comes an assertive and confident woman instead, freed from her mental and social barriers.

Why are so many women plagued with self-doubt, running into the same obstacles to self-fulfillment all the time? Impostor and good girl syndromes, cognitive and gender biases, the glass ceiling... While the obstacles and their causes are many, so are their solutions: confidence and leadership skills can be learned. So how can we transform the "good girl" into a leader? A how-to book that makes you want to believe in yourself, develop your talents, and make sparks fly.

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