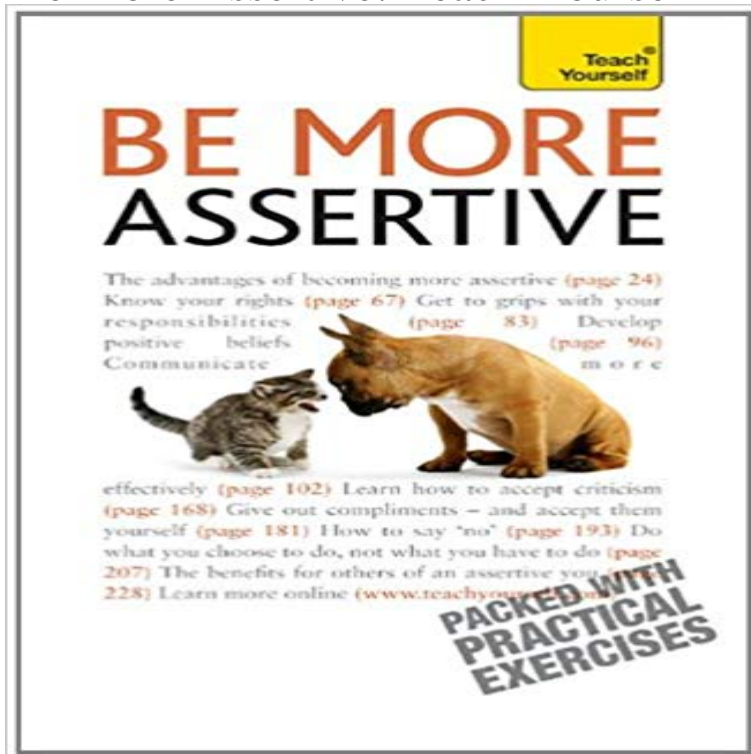


Be More Assertive: Teach Yourself



* do you lack the confidence to say no?*

do you feel that people sometimes take you for granted?*

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