

The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Relationships

Julie de Azevedo Hanks

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This is a welcoming workbook for women who are ready to break new ground in their relationships.

Who doesn't want to get her way more often? Julie de Azevedo Hanks specializes in helping women tap into their needs and desires, as they learn to ask for what they want in a way that is positive, authentic, and strong.

The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Relationships is a wonderful audiobook that provides an empowering boost for women ready to take control of their lives.

Believe it or not, assertiveness starts with good boundaries. Hanks quickly breaks down her definition of "assertiveness." It isn't bossiness, and it isn't trampling on other people, either. Assertiveness, she says, is "an expression of difference—there's no real need to express our thoughts and feelings if they're the same as everyone else's, right?" Women fear that differences will create distance, but clearly communicating and valuing them actually builds relationships and confidence.

Narrator Rebecca Roberts's tone is conspiratorial, confident, and feminine. The audiobook is broken into fifteen chapters that cover basic techniques for becoming more assertive. Guided meditations are included as well, with the intent of helping women identify the memories and feelings that influence their choices. Although Hanks has a PhD and a long career as a psychotherapist, this book primarily includes anecdotal evidence rather than scientific data. Including examples from actual clients she's helped adds variety.

Roberts's voice is soothing, and softens some of the audiobook's more intense moments. Hanks's key message is that women, who often feel overwhelmed and overlooked deserve to be heard and valued. Rather than wait for this to be given, she urges women to help themselves by learning to use a few simple tried-and-true tools.

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