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# Assert Yourself: How to Stand up for Yourself

*Helen Mayhew*

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*Helen Mayhew*

**Assert Yourself: How to Stand up for Yourself** Helen Mayhew
We're all brought up to be polite, but there are times when you have to forget what your mother told you and raise your voice. Giving in to other people all the time only leads to feelings of resentment; and when you do make a stand for yourself you feel guilty.

In this book, as you read, you will do away with these negative feelings and you will be shown how to feel good about being yourself. The practical advice and sound reasoning will help you to get your own way without taking advantage of other people.
If you don't have the ability or willingness to stand up for your own beliefs, your life slips away into the control of others.

Why is it so important to prevent that from happening?

Because you will become an unhappy person as you would if you never had a friend. Your mission in life is to live it so that you experience as little needless pain as possible and to employ your talents to their full worth. You will certainly suffer, even for long periods of time, as you struggle to learn and become all you can become. But such struggle is necessary for your growth. Later, when you have become skilled in business, cooking, socializing, tennis, or whatever, a degree of contentment will enter your life which you never knew when you were a frightened child in an. adult body.

To reach your full growth and to enjoy your earthly life as much as is possible, it is essential that you take an active interest in yourself. You cannot let others determine the course of your life and expect peace of mind. Standing up for your-self is one of those powerful human acts which at one stroke can eliminate guilt, overcome fear, and make anger unnecessary. But it requires the most serious form of self-discipline.

In this, very easy to follow book, you will be shown how you avoid asserting yourself, what the psychological consequences are when this happens, and how to develop a quiet strength that makes others take notice of you without your having to raise your voice or shake a fist.

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