

## People Skills Book By Robert Bolton

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### People Skills Book By Robert

People Skills is a communication-skills handbook that can help you eliminate these and other communication problems. Author Robert Bolton describes the twelve most common communication barriers, showing how these "roadblocks" damage relationships by increasing defensiveness, aggressiveness, or dependency.

### People Skills: How to Assert Yourself, Listen to Others ...

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### People Skills | Book by Robert Bolton | Official Publisher ...

People Skills is Robert Bolton's final product following 6 years of work and research on communication skills. It focuses mostly on assertive communication, and I found it to be a great, vastly underrated book.

### People Skills by Robert Bolton: Book Summary & Review ...

"People Skills: How to Assert Yourself, Listen to Others, and Resolve Conflicts" is a fantastic book on self-development. Robert Bolton is the author of this book. The Robert's book is a great read for learning about communication skills. It enables readers to improve the personal and professional relationships instantly.

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