



# Understanding Yourself and Others

*Bob Thomson*

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# **Understanding Yourself and Others**

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## **Understanding Yourself and Others** Bob Thomson

Written by an experienced coach based at Warwick Business School, this book gives a range of practical ideas and exercises to enable you to make sense of how you and others think and behave, so that you can manage yourself and your relationships more effectively. Topics include: ? Understanding your personality type ? Enhancing your conversations and interactions with others ? Assertiveness and handling conflict ? Influencing others ? Managing your time ? Achieving things through other people ? Taking part in meetings

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