

Softpower!: How to Speak Up, Set Limits, and Say No Without Losing Your Lover, Your Job, or Your Friends

By Maria Arapakis

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From the star speaker for CareerTracks seminars who created the popuar SoftPower! audio tape comes the companion book that is a practical guide on how women can successfully handle everyday challenges at the office and at home without losing friends--or their self-respect.

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