

Assertiveness and Authenticity tips from Oprah Mag

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Here are some great Assertiveness and Authenticity tips from Oprah Mag.

- Do you ever feel like you're speaking with the mute button on? Here's how to talk so people really listen. [4 ways to make yourself heard](#)
- Hanging back, dropping hints, and generally mousing around gets you nowhere and drives other people nuts. Here's what you should do instead. [How to speak up and get what you really need](#)
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- How do we enhance and deepen our capacity to speak our truth with kindness, love and authenticity? There are lots of things we can do to accomplish this. [How to honestly speak your truth](#)