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The Book of No: 250 Ways to Say It -- And Mean It and Stop People-pleasing Forever

Susan Newman

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Overscheduled? Overworked? Overburdened?
Get the "No-How" you need to take back your life

Refusing someone is rarely easy and is often downright uncomfortable. But constantly giving in creates anxiety, anger, added stress, regret, and feelings of powerlessness.

Bestselling author Dr. Susan Newman helps you break your debilitating "yes" habit with her simple techniques, scenarios, and insights. Tackling family, friends, coworkers, and even pushy salespeople, *The Book of No* helps you

- Recognize when someone is manipulating you into saying "yes"
- Avoid being socially overcommitted, and put an end to feelings of resentment, anger, and guilt
- Get more enjoyment out of the time you make for friends and family
- Establish boundaries and be more focused and effective at work

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In this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple strategy to have that. What you have to do is just spending your time not very much but quite enough to get a look at some books. One of several books in the top checklist in your reading list is usually The Book of No: 250 Ways to Say It -- And Mean It and Stop People-pleasing Forever. This book that is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking way up and review this publication you can get many advantages.

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