



## 7 Easy Ways to Say No to Almost Anyone: Stand Up for Yourself Without Looking (or Feeling) Unreasonable, Uncaring or Unkind (Paperback)

By Steph Sterner

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you feel guilty putting yourself first? Do you give in to begging, intimidation and other manipulation tactics . even when you promised yourself you wouldn t? And what happens when you re finally ready to set some perfectly reasonable boundaries? I ll bet you don t know what to say! Whether you hate conflict, don t want to feel guilty, or just don t have the right words, you ll love this simple, concise guide to saying no. Why? Because it gives you all the information you need to turn that around - in about two hours. This book isn t about complicated psychological theories and case studies. It s not about why people manipulate you, or even why you allow it. It s filled with concrete examples of how to say no gracefully, without feeling mean or hurting someone s feelings. Isn t that what you really want? Imagine making the choices you really want to make - and still feeling good about yourself! No more need for the approval or agreement of others. (Of course, you can still...



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