



## Learning to Say No! When You Usually Say Yes!

By Maritza Manresa

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. The urge to say yes, to please everyone around you, can be overwhelming. It can be rooted in your desire to maintain your self-image, the product of chronically low self-esteem. It may even be the result of situations in which you feel you will gain from constantly saying yes. This book will walk you through the process of recognizing your true desires and tapping into your inner self so you can tell others how you truly feel. From understanding what it is you want to get from other people to accepting that you do not need their validation, you will learn how to set your priorities and therefore know when it is okay to say yes. In various interviews with parents, educators, psychologists and everyday people, this book will give you the knowledge and the confidence to live your life the way you want.



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