



How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You

By Patti Breitman

Harmony. Paperback. Condition: New. 272 pages. Dimensions: 8.0in. x 5.2in. x 0.8in. To this book I say yes, yes, yes! from the Foreword by Richard Carlson, author of *Dont Sweat the Small Stuff* Find more time and energy for the things you love to do learn to say no without feeling guilty! The simple word no is often the most difficult to say. Yet anyone can develop the skills to say no with confidence, kindness, and peace of mind. And the benefits are enormous. You'll spend less time doing things you don't want to do with people you don't want to see, and move closer to your own priorities and passions. *How to Say No Without Feeling Guilty* shows you: The five simple techniques that will help you say no with finesse in nearly any situation How to apply two basic principles to minimize guilt about saying no and reduce the likelihood of personal conflicts In addition, authors Patti Breitman and Connie Hatch provide specific language and practical strategies for defending your boundaries against life's many intrusions and distractions, including: Demanding friends and family members Unwelcome invitations, dates, and romantic entanglements Requests for money, whether from friends, relatives, organizations, or panhandlers Unreasonable assignments at work Pushy...



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