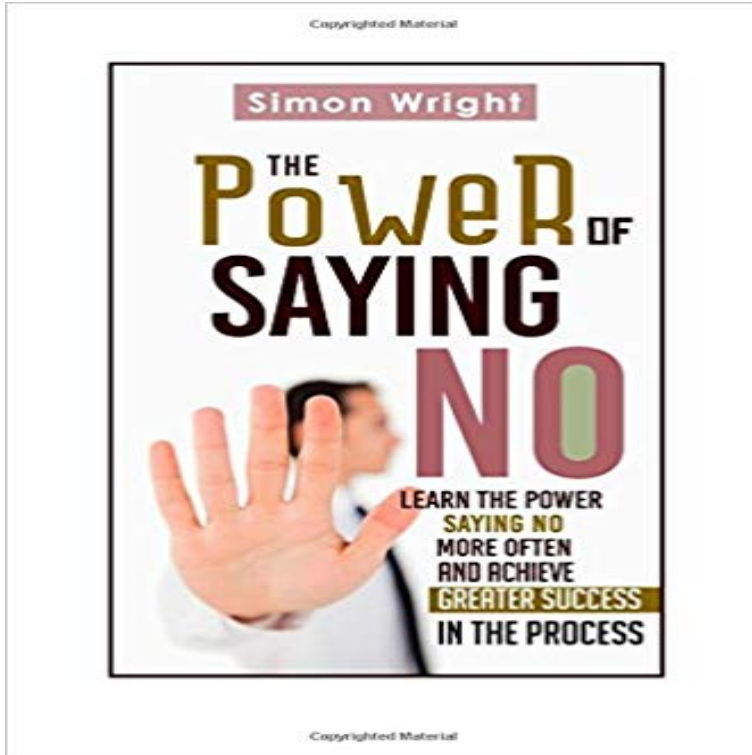


# The Power Of Saying No: Learn The Power Saying No More Often And Achieve Greater Success In The Process (Personal Development)



The Power of Saying No: Learn The Power Saying No More Often And Achieve Greater Success In The Process This book contains proven steps and strategies for how to say the more difficult response to requests: No. This book encourages you, as a person who values freedom and happiness, to learn what No stands for. These two letters form an expression representing your dedication and devotion to charting your own destiny. No is also the road to having the real kind of success. You can only achieve greater heights if you know how to say no, and this book will encourage you to say No without feeling guilty. By reading The Power of Saying No, you will learn: Why it is often so hard to say No to people How saying No can give you personal strength and stability great personal empowerment How saying No is often the most positive thing you could do Ways the brain has a bias against negative answers Seven effective techniques for saying No Ten reasons why it is so challenging to say No Seven ways to simplify saying No so that others can understand your choice Five reasons why it is okay for you to say No. Many of us are pleasers. We want everyone to be pleased with us at all times. However, that can mean that we turn control of our lives over to others who have very different ideas of how we should spend our time and resources. The word no can set limits that reveal our greatest priorities and needs to those who claim to care about us. When we say it, others are confronted with the truth about who we really are. Some will like what they see; others, not so much! Either way, that tiny word can set us free to find genuine relationships and build great confidence in life. It is now time to make you decision.

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