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Are you too nice? If you find it hard to be assertive, directly ask for what you want, or say "no" to others, then you just might be suffering from too much niceness. In this controversial book, world-renowned confidence expert, Dr. Aziz Gazipura, takes an incisive look at the concept of nice. Through his typical style, Dr. Aziz uses engaging stories, humor, and disarming vulnerability to cut through the nice conditioning and liberate the most bold, expressive, authentic version of you. You'll discover how to: Easily say "no" when you want to and need to Confidently and effectively ask for what you want Speak up more freely in all your relationships Eliminate feelings of guilt, anxiety, and worry about what others will think

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