



DOWNLOAD



## My Answer Is No--If Thats Okay with You: How Women Can Say No with Confidence

By Nanette Gartrell M. D.

Free Press. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.3in. x 5.4in. x 1.2in. Are you afraid you'll hurt the people you care about if you say NO to them? Can you set limits when employees neglect their responsibilities? How about with your boss? When friends ask you to do something you don't want to do, do you invent an elaborate excuse? Do you have a hard time saying NO to an invitation even when you're completely exhausted? Do you have trouble even practicing the sentence 'No, Mom, I just can't make it home this holiday'? If any of these scenarios sound familiar, keep reading - you need this book. . . No is a very simple word -- two letters, one syllable. Yet many women have a hard time saying it without feeling anxious or guilty. In *My Answer Is NO... If That's Okay with You*, award-winning psychiatrist and author Dr. Nanette Gartrell takes a fresh look at why even the most powerful, accomplished, and successful women find it difficult to say no and offers a revolutionary approach to setting limits without jeopardizing important relationships. Today women are bombarded with messages like 'put yourself first and stop...



READ ONLINE

[ 7.47 MB ]

### Reviews

*It is one of the best publications. It really is really intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).*

-- Dr. Pat Hegmann

*It is one of my favorite publications. It is among the most awesome publication I have gone through. I am just quickly will get a delight of reading through a published publication.*

-- Prof. Martin Zboncak DVM