

***The Book Of No 250 Way To Say It And Mean Stop People
Pleasing Forever Susan Newman***

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It [The Book of NO] is rich, readable, and all-too-relatable for those of us who struggle to say “no” with authenticity, confidence and kindness. The book offers brief dialogues for hundreds of scenarios in which “no” is the right answer, for reasons ranging from time management to financial pressures to emotional boundaries.

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