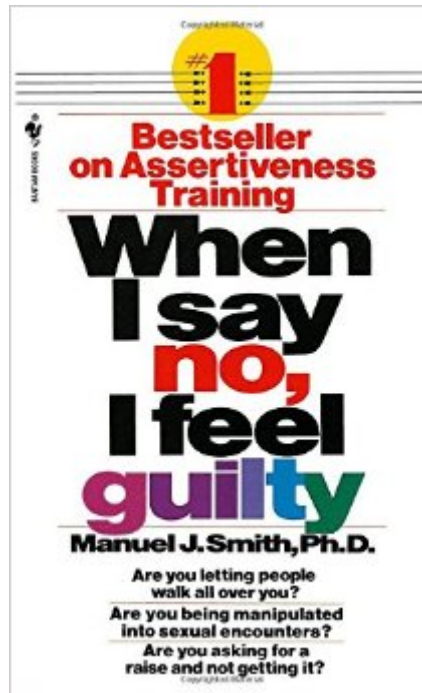




The book was found

When I Say No, I Feel Guilty



Synopsis

The best-seller that helps you say: "I just said 'no' and I don't feel guilty!" Are you letting your kids get away with murder? Are you allowing your mother-in-law to impose her will on you? Are you embarrassed by praise or crushed by criticism? Are you having trouble coping with people? Learn the answers in *When I Say No, I Feel Guilty*, the best-seller with revolutionary new techniques for getting your own way.

Book Information

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Average Customer Review: 4.3 out of 5 stars 281 customer reviews

Best Sellers Rank: #23,298 in Books (See Top 100 in Books) #80 in Books > Self-Help >

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Customer Reviews

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If you feel guilty because you tell your better half no then you need to read this. I haven't quite

finished all of it but it has raised my confidence level in saying what I have to say when I have the need to say it and why I have to say it. It was recommended to me by a psychiatrist. I did not agree with the psychiatrist about the therapy he recommended but I did agree that this title was helpful to me. When I finish it in its entirety I will come back and write a complete review about my thoughts on it. I will also go on the author's page and add the review there as well. At this point I did find it helpful.

This has made a change in my dealing with people and I love it! I find it easier to recognize manipulation by others and am able to respond!

Literally a life-changing book. I own this 20 years ago, and bought another copy to read again.

I haven't finished reading it, yet, but so far I find it very helpful. The upload to my Kindle app went very quickly.

I loved this book. Very practical information. I have recommended this book to several people. The concepts in the book help to make you aware of things going on around you and suggestions on how to handle them. Even without the suggestions, the awareness is priceless. It helped me to see manipulation in a different light. I did find the first chapter to be very dull so I skipped it.

Very pleased, only half-way through, but really speaks to me and has fantastic suggestions!

read it for the first time at age 16, over 20 years ago. it remains one of the most important books i've ever read. it offers a potential anecdote for social and interactive anxiety...important to practice the modules.

This book is good for building confidence in saying "No," meeting your own needs, and no longer feeling obligated to manage or fix the angry feelings of others when you do so. "No" is the quickest way to find people who support you and who appreciate your honesty when you say you don't want to do something. Acting in your own interests is a gift to yourself and to those around you because it lets others know they also have the freedom to say no without guilt.

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