

[PDF] How To Say No Without Feeling Guilty: And Say Yes To More Time, More Joy, And What Matters Most To You

Patti Breitman, Connie Hatch - pdf download free book

Books Details:

Title: How to Say No Without Feeling
Author: Patti Breitman, Connie Hatch
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Description:

From Publishers Weekly Featuring an extremely promotable high concept, this effort to combine assertiveness training with the aims of the simplicity movement results in an occasionally useful, if unoriginal, self-help book. By saying "no"--with skill and sensitivity--to draining, unsatisfying activities, literary agent and public speaker Breitman and writer Hatch argue, readers will have time and energy for more important ones. After covering the principles behind graceful refusals (e.g., act from generosity; saying less is more), much of the book is devoted to scripts for dealing with a

variety of sticky situations--from requests for loans to handling freeloaders, high-maintenance acquaintances, service and professional help--and preventive strategies, some of which are helpful while others could easily come off as insincere. A section on handling unreasonable work demands, such as overtime and extra assignments, does not seem especially realistic, although there is some thoughtful advice on delicate issues such as critiquing performance, dealing with requests for raises and turning down job applicants. Advice on following one's bliss and self-employment seem misplaced here, while suggestions about how to say no to spouses and children are adequate. Readers who want a thorough grounding in assertiveness techniques would benefit more from classics like *When I Say No, I Feel Guilty*, instead of this hodgepodge of excuses. \$40,000 ad/promo. Copyright 2000 Reed Business Information, Inc.

Review Advance praise for **How to Say No Without Feeling Guilty**:

"This book is the bible on how to say no and still be seen as a nice person. It can change your life forever."

--Jack Canfield, coauthor of the **Chicken Soup for the Soul®** series

"It's a book to consult over and over again. I recommend it."

--John Gray, Ph.D., author of **Men Are from Mars, Women Are from Venus**

"Brilliant! This practical, powerful book will help you express what you really feel and want."

--Harold H. Bloomfield, M.D., author of **Making Peace with Your Past**

"This is a charming, intelligent, and practical guide to finding the great YES of life, by learning that NO is a complete sentence. Thoroughly enjoyable."

--Anne Lamott, author of **Traveling Mercies**

"A road map for opening up lots of needed space in our lives. Out with the guilt, and in with a life that is ours again!"

--Janet Luhrs, author of **The Simple Living Guide** and **Simple Loving**

"**How to Say No Without Feeling Guilty** enables us to rid ourselves of needless guilt so we can live a richer, more fulfilling life."

--Dave Pelzer, author of **A Child Called "It"**, **The Lost Boy**, and **A Man Named Dave**

"This book is wonderfully useful, doable, wise, and inspiring."

--Sue Bender, author of **Plain and Simple** and **Everyday Sacred**

"A must for anyone who wants to live a life of joy and ease, and feel good about it."

--Marcia Wieder, author of **Making Your Dreams Come True**

"The best book I ever read on setting boundaries. This is a must-read for everyone!"

--Sirah Vettese, Ph.D., author of **What Happened to the Prince I Married?**

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