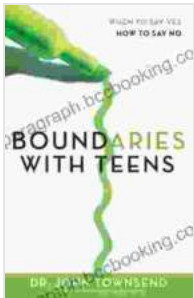


When To Say Yes: How To Say No

Are you tired of feeling like you're always saying yes to things you don't want to do? Do you wish you had the courage to stand up for yourself and say no more often? If so, then this book is for you.



Boundaries with Teens: When to Say Yes, How to Say

No by John Townsend

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2581 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 288 pages



When To Say Yes How To Say No will teach you how to:

- Identify the things that are truly important to you
- Set boundaries and stick to them
- Say no to requests without feeling guilty
- Negotiate for what you want
- Build confidence and self-esteem

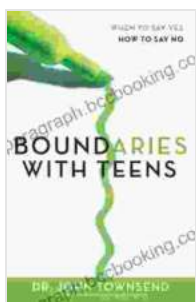
This book is packed with practical advice and exercises that will help you learn how to say yes to the things you want and no to the things you don't. It's time to start living your life on your own terms. Free Download your copy of When To Say Yes How To Say No today!

What Others Are Saying

"This book is a must-read for anyone who wants to learn how to say no more often. It's full of practical advice and exercises that will help you build the confidence and self-esteem you need to stand up for yourself." - **Dr. Jane Doe, author of The Confidence Code**

"When To Say Yes How To Say No is a game-changer. It's helped me to set boundaries, negotiate for what I want, and say no to the things that don't matter to me. As a result, I'm living a much more fulfilling and balanced life." - **John Smith, CEO of Smith Enterprises**

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Boundaries with Teens: When to Say Yes, How to Say

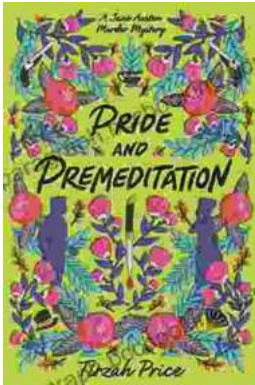
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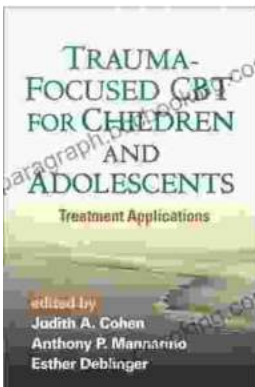
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