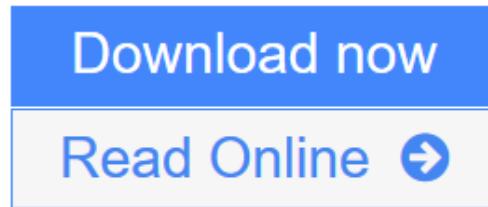




# Learning How to Say No When You Usually Say Yes

*Manresa Maritza*



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The urge to say yes, to please everyone around you can be overwhelming. It is not just a matter of being a “nice person”. It can be rooted in your desire to maintain your self-image, the product of chronically low self esteem. It may even be the result of situations in which you feel you will gain from constantly saying yes. But the truth in life is that knowing when to say “No” when you usually say “Yes” is one of the most fundamentally important things you can do for yourself and for your relationships. Forcing others to respect you regardless of your positions and to establish a clear and comfortable persona for yourself rely on this ability.

This book walks everyone who has ever felt uncomfortable denying something to others through the process of recognizing how you truly feel and tapping into your inner self so that you can relay to others how you truly feel, saying no when necessary and yes only when you truly agree or are willing to do something. You will learn everything you need to know to recognize what it is about your personality that creates a need to say yes. From understanding what it is you want to get out of other people to accepting that you do not need their validation, you will learn how to separate your insecurities from what you really think so that you can start telling people how you truly feel.

Learn how to set priorities and therefore know when it is okay to say yes. By understanding the proper time to say yes, you will quickly learn how to tell the times when it is not okay and you must say no. In various interviews with parents, educators, psychologists, and every day citizens, this book provides a complete world view that helps any individual understand what it is about their personality that causes them to consistently say yes when they should not. You will ultimately learn what it means to give in and what the psychological results are of making these decisions repeatedly. For anyone who has ever found themselves unhappy due to constant willingness to sacrifice their own happiness, this book is for you.

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