



# Don't Say Yes When You Want to Say No: Making Life Right When It Feels All Wrong

By Herbert Fensterheim, Jean Baer

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## Don't Say Yes When You Want to Say No: Making Life Right When It Feels All Wrong By Herbert Fensterheim, Jean Baer

Yes, you can learn to say what you mean and mean what you say. This best-selling guide has already transformed thousands of lives--and can change your as well. The authors' pioneering Assertiveness Training Technique can help you gain recognition and promotion on the job, renew your marriage, put more zing in your sex life, deal with your children more effectively, and make new friends. Change your life as you learn how to:

Target your own assertiveness difficulties and set your own goals.

Follow your progress with a workshop that gives you step-by-step reinforcement.

Visualize and actualize through exercises designed to perfect new behavior patterns.

Develop self-control that comes from within.

Change habits that keep you from getting what you want in every area of your life.

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*By Herbert Fensterheim, Jean Baer*

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### **Editorial Review**

From the Publisher

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From the Inside Flap

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### **Fred Martinez:**

In this particular era which is the greater person or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple solution to have that. What you have to do is just spending your time not much but quite enough to possess a look at some books. One of several books in the top checklist in your reading list is usually Don't Say Yes When You Want to Say No: Making Life Right When It Feels All Wrong. This book that is certainly qualified as The Hungry Slopes can get you closer in getting precious person. By looking up and review this guide you can get many advantages.

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