



# How to Say No Without Feeling Guilty

*P. Breitman*

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# How to Say No Without Feeling Guilty

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## **How to Say No Without Feeling Guilty P. Breitman**

"How To Say No Without Feeling Guilty" teaches practical skills for embracing what's important and getting rid of what is keeping us from living the lives we want to live. It's a book to consult over and over again. I highly recommend it' - John Gray. By learning to say no without feeling guilty, you will find time you never dreamed you had. Even more important, you will learn to say yes to all those things that you hold most dear to your heart. Your life will become yours again. As you learn to say no, you become more available, compassionate, effective, energetic and generous to the people, organisations and causes dear to you. With the authors' help, you will be able to identify what is truly important in your life and realise that vision. Whether your dream is to write a great novel, have more leisure time, or travel the world, both your life and the world around you will be better off because you have learned to say no. "How to Say No Without Feeling Guilty" devotes a chapter each to saying no: at work; to kids, family and friends; to invitations, dates and romantic entanglements; to requests for money whether from friends or charities; and, to high maintenance people, as well as a chapter on all-purpose no's, difficult no's with extra bite, and excuses.

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