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My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It

Nanette Gartrell

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- Are you afraid you'll hurt the people you care about if you say NO to them?
- Can you set limits when employees neglect their responsibilities? How about with your boss?
- When friends ask you to do something you don't want to do, do you invent an elaborate excuse?
- Do you have a hard time saying NO to an invitation even when you're completely exhausted?
- Do you have trouble even practicing the sentence "No, Mom, I just can't make it home this holiday"?

If any of these scenarios sound familiar, keep reading - you need this book...

No is a very simple word -- two letters, one syllable. Yet many women have a hard time saying it without feeling anxious or guilty. *In My Answer Is NO...If That's Okay with You*, award-winning psychiatrist and author Dr. Nanette Gartrell takes a fresh look at why even the most powerful, accomplished, and successful women find it difficult to say no and offers a revolutionary approach to setting limits without jeopardizing important relationships.

Today women are bombarded with messages like "put yourself first" and "stop being a people-pleaser." But this sort of advice is useless to women who value the caring and generosity that prompt them to say yes in the first place. Through personal interviews with a diverse group of talented women, including CEOs, celebrities, physicians, and public officials, Dr. Gartrell shows that women's reluctance to say no stems from valuable traits that they should embrace, such as empathy, sensitivity, and thoughtfulness. With humor and wisdom, Dr. Gartrell reaffirms the psychological importance of compassion and feeling connected, which can often lead a woman to say yes rather than no in order to preserve a relationship or spare someone's feelings. Through entertaining anecdotes and insights from her years of clinical practice, Dr. Gartrell teaches women to honor their best instincts while still maintaining boundaries. *My Answer Is NO...If That's Okay with You* offers creative, practical ways to transform an automatic or reluctant yes into a healthy, respectful no -- and still feel good about it.

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Eric Frances:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It. Try to make book My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It as your buddy. It means that it can to be your friend when you experience alone and beside regarding course make you smarter than previously. Yeah, it is very fortuned in your case. The book makes you much more confidence because you can know almost everything by the book. So , we should make new experience and also knowledge with this book.

India Oakley:

Information is provisions for anyone to get better life, information currently can get by anyone at everywhere. The information can be a expertise or any news even a huge concern. What people must be consider whenever those information which is inside the former life are challenging be find than now is taking seriously which one is suitable to believe or which one the particular resource are convinced. If you have the unstable resource then you buy it as your main information it will have huge disadvantage for you. All of those possibilities will not happen throughout you if you take My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It as the daily resource information.

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Sarah Heath:

Is it you actually who having spare time and then spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It can be the reply, oh how comes? A book you know. You are thus out of date, spending your extra time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

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