



# How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You

By Patti Breitman, Connie Hatch

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"To this book I say yes, yes, yes!"

—from the Foreword by Richard Carlson, author of **Don't Sweat the Small Stuff**

Find more time and energy for the things you love to do—learn to say no without feeling guilty!

The simple word "no" is often the most difficult to say. Yet anyone can develop the skills to say no with confidence, kindness, and peace of mind. And the benefits are enormous. You'll spend less time doing things you don't want to do with people you don't want to see, and move closer to your own priorities and passions.

**How to Say No Without Feeling Guilty** shows you:

The five simple techniques that will help you say no with finesse in nearly any situation

How to apply two basic principles to minimize guilt about saying no and reduce the likelihood of personal conflicts

In addition, authors Patti Breitman and Connie Hatch provide specific language and practical strategies for defending your boundaries against life's many intrusions and distractions, including:

Demanding friends and family members

Unwelcome invitations, dates, and romantic entanglements

Requests for money, whether from friends, relatives, organizations, or panhandlers

Unreasonable assignments at work

Pushy people who ask for too many favors

Junk mail, annoying phone calls, and buddies with something to sell

High-maintenance people

And much more

Ultimately, "no" can be one of the most positive words in your vocabulary. Whether you crave more family time, more time for yourself, or more time to pursue a dream, saying no frees up room for the "yeses" in your life.

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## **Editorial Review**

From Publishers Weekly

Featuring an extremely promotable high concept, this effort to combine assertiveness training with the aims of the simplicity movement results in an occasionally useful, if unoriginal, self-help book. By saying "no"--with skill and sensitivity--to draining, unsatisfying activities, literary agent and public speaker Breitman and writer Hatch argue, readers will have time and energy for more important ones. After covering the principles behind graceful refusals (e.g., act from generosity; saying less is more), much of the book is devoted to scripts for dealing with a variety of sticky situations--from requests for loans to handling freeloaders, high-maintenance acquaintances, service and professional help--and preventive strategies, some of which are helpful while others could easily come off as insincere. A section on handling unreasonable work demands, such as overtime and extra assignments, does not seem especially realistic, although there is some thoughtful advice on delicate issues such as critiquing performance, dealing with requests for raises and turning down job applicants. Advice on following one's bliss and self-employment seem misplaced here, while suggestions about how to say no to spouses and children are adequate. Readers who want a thorough grounding in assertiveness techniques would benefit more from classics like *When I Say No, I Feel Guilty*, instead of this hodgepodge of excuses. \$40,000 ad/promo.

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### Review

Advance praise for **How to Say No Without Feeling Guilty**:

"This book is the bible on how to say no and still be seen as a nice person. It can change your life forever."  
--Jack Canfield, coauthor of the **Chicken Soup for the Soul®** series

"It's a book to consult over and over again. I recommend it."  
--John Gray, Ph.D., author of **Men Are from Mars, Women Are from Venus**

"Brilliant! This practical, powerful book will help you express what you really feel and want."  
--Harold H. Bloomfield, M.D., author of **Making Peace with Your Past**

"This is a charming, intelligent, and practical guide to finding the great YES of life, by learning that NO is a complete sentence. Thoroughly enjoyable."  
--Anne Lamott, author of **Traveling Mercies**

"A road map for opening up lots of needed space in our lives. Out with the guilt, and in with a life that is ours again!"  
--Janet Luhrs, author of **The Simple Living Guide** and **Simple Loving**

"**How to Say No Without Feeling Guilty** enables us to rid ourselves of needless guilt so we can live a richer, more fulfilling life."  
--Dave Pelzer, author of **A Child Called "It"**, **The Lost Boy**, and **A Man Named Dave**

"This book is wonderfully useful, doable, wise, and inspiring."  
--Sue Bender, author of **Plain and Simple** and **Everyday Sacred**

"A must for anyone who wants to live a life of joy and ease, and feel good about it."

--Marcia Wieder, author of **Making Your Dreams Come True**

"The best book I ever read on setting boundaries. This is a must-read for everyone!"

--Sirah Vettese, Ph.D., author of **What Happened to the Prince I Married?**

*From the Hardcover edition.*

From the Inside Flap

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## **Users Review**

### **From reader reviews:**

#### **Jaelyn Utecht:**

As people who live in the actual modest era should be upgrade about what going on or info even knowledge to make them keep up with the era that is always change and move ahead. Some of you maybe will certainly update themselves by reading through books. It is a good choice for you but the problems coming to an individual is you don't know which one you should start with. This *How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You* is our recommendation to make you keep up with the world. Why, because this book serves what you want and need in this era.

**Ronald Stauffer:**

Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You can be fine book to read. May be it is usually best activity to you.

**Leslie James:**

Reading a book being new life style in this calendar year; every people loves to go through a book. When you learn a book you can get a lot of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what sorts of book that you have read. If you need to get information about your analysis, you can read education books, but if you want to entertain yourself read a fiction books, such us novel, comics, and also soon. The How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You provide you with a new experience in studying a book.

**Elizabeth Villalobos:**

Some individuals said that they feel uninterested when they reading a reserve. They are directly felt it when they get a half areas of the book. You can choose the book How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You to make your current reading is interesting. Your own personal skill of reading skill is developing when you just like reading. Try to choose basic book to make you enjoy to learn it and mingle the opinion about book and reading especially. It is to be initially opinion for you to like to open a book and read it. Beside that the book How to Say No Without Feeling Guilty: And Say Yes to More Time, and What Matters Most to You can to be your new friend when you're sense alone and confuse with what must you're doing of the time.

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