



SAVING BOOKS

**Bestseller
on Assertiveness
Training**

**When
I say
no,
I feel
guilty**

Manuel J. Smith, Ph.D.

**Are you letting people
walk all over you?**

**Are you being manipulated
into sexual encounters?**

**Are you asking for a
raise and not getting it?**

Manuel J. Smith

When I Say No, I Feel Guilty



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The best-seller that can help you say: "I just said 'no' and I don't feel guilty!" the best-seller with revolutionary new techniques for getting your own way. Are you letting your children get away with murder? Find out the answers in *When I Say No, PERSONALLY I THINK Guilty*, Are you having difficulty coping with people? Are you embarrassed by praise or crushed by criticism? Are you allowing your mother-in-laws to impose her can on you?



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Better than a Therapist! I began using them, plus they do work! well... Assert yourself! Usually do not recommend there's better books out there. For me, the voice of the publication overshadows its intent and helpfulness, but doesn't switch the actual fact that I do reap the benefits of reading it.. I have read 4 best selling books about assertiveness during the last 30 years. This was the 1st and the very best.org He recommended the book if you ask me and it helped me in my own personal life along with my career tremendously. Readable and follow! Good meals for thought and application. This is a great book recommended if you ask me by a friend who owns the web site successinbusinessandlife.com. In the event that you buy used, I would suggest you buy higher quality. This is good as the redundancy of it programmed my brain to look for examples of those situations in my own life where I possibly could apply the concepts of the publication. He probably shouldn't have because after reading it I experienced much more empowered and control of my entire life I stopped likely to him! If you would like an example, just consider the so-called Table of Contents.. With the methods taught in this publication people attacking you should have about as much fortune as attacking an anvil. They'll become extremely frustrated and not really know why. You'll seem to be the most pleasant one who often agrees with their attacks. I've used these techniques for over twenty years.. and I favor the appendix to become at the end of the book..probably longer. It's worked with co-workers, fans, and bosses. After some time they obtain reluctant to confront you unless it is necessary. Recently passed along my well-browse and tattered at the edges hard cover copy and bought the Kindle version so it can travel with me. The reply is no. For the most part the formatting of the publication is a little weird. This reserve contains some very nice techniques for coping with people who aggressively try to manipulate you. As the name implies, this book deals with becoming the assertive human beings we were born to be!THE NICE:The examples used in the publication are lengthy and repetitive. I bought my oldest duplicate around 30 years back and it looks exactly the same as the format that is currently selling new, and it is old plenty of for the web pages to become quite yellowed and fall out as you change them. End the games other people play with you. As time passes, it has helped change my attitude and strategy toward aggressive and manipulative people.The book gives concrete approaches for applying in your everyday conversations: BROKEN RECORD, FOGGING, FREE INFORMATION, NEGATIVE ASSERTION, WORKABLE COMPROMISE, NEGATIVE INQUIRY. My therapist recommended this book & I occasionally go back and re-go through chapters since it does take practice. The field manual for assertive benevolence If you'd like to twist your critics into knots purchase this reserve.. I wouldn't have kept heading if the nuggets hadn't been so needed and useful.THE NOT-SO-GOODIt is painfully obvious that this reserve was written in the 70s, with the male writer using phraseology and good examples that are misogynistic, self-congratulatory, racially charged, patriarchal, and bigoted. In a way, it is good to see how far we have come since the Civil Rights movement, but I must say i wish somebody would publish an updated edition of this text that uses relevant, goal examples that usually do not detract from the entire purpose of the written text. I would say a few of the dialogue can be a little too long though. but ultimately it becomes even more second nature and your confidence level builds because of this. THE classic for people who want to learn how exactly to stand up for themselves more easily and effectively. It's more like a glossary or appendix that delivers a cluttered explanation of every chapter rather than just a simple chapter name and web page number. I could take my own notes, thank you....Fun fact: The author mentions sex so much in the publication that I actually began playing a casino game to see if I could read through more than two web pages devoid of seeing a mention of sex. Reserve ironically proves itself very helpful, in spite of its bigoted and misogynistic tone. Five Stars ? Great Read Top 5 book need to read for success. Made it so much easier to end up being kind and helpful without becoming annoyed or resentful. I'll start by saying, I'll not sugar-layer this review. I was just a little rusty but the circumstance was resolved in my own favor thanks to these skills and the book advising persistence rather than giving up. Personally, found it extremely annoying to waste so much time prodding through excessive ego-driven banter to find

the nuggets of useful details. It was hard to read through it. This publication was created in the 70's and its own a little bit outdated Chapter seven comes with an example of a woman coming into course with a black eyes and saying I should have paid attention to you (author) you don't sarcastically fog the man you're dating. There are many other situations that simply did not sit well with me. For a pushover like me, it did wonders for my life I have read 4 top selling books about assertiveness over the . Made it so much easier to be kind and useful without becoming annoyed or resentful Changed my life when it 1st came out. A bit outdated I liked a few of the reading. This is actually the field manual for passive protection. Not to be missed if you ever find it hard to say no to a demand or require what you need. Best Assertiveness Training Book Ever I read this 35 years back and still have the publication but I needed a Kindle edition. Its best 5 must read ever. It tries to instruct something then give some dialogue as examples. Self-help book, EVERY individual should read!!! Recommended by my general practitioner. Discusses human relationships and interactions. Greatest read I have ever read. That being said, the book is indeed extremely outdated in its tone of voice and strategy that I found it difficult to learn it without its context becoming ironic. Actual situational examples given for each prime lesson explained. Simply reading the first chapter explains a whole lot about interactions with family, authority statistics, and formal relationships. I have probably suggested it to a few hundred people who struggle with stating "No. Must read for all!When you can tolerate the author's voice long enough to get through this book, it is admittedly very useful. It includes a glued binding and paper can be cheap. It clearly describes basic, non-defensive assertiveness tools and provides plenty of example scripts. I had a recent circumstance that I felt I had a need to brush through to my assertiveness training abilities I learned in this book namely Broken Record and Fogging. Highly recommended book for anyone Highly recommended book for anyone, we feel constantly but this book really shed a new light on not feeling guilty." One caution, the publication has been in printing in this format a very long time. Take charge you will ever have and respect others while carrying it out! That is life saving. A light bulb began heading off in my own mind when I'd knowledge an opportunity to try out among the techniques described in the book. Learn to insist upon the respect you deserve while also respecting others. Five Stars great booiK for anyone who feels guilty if they say "no".



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