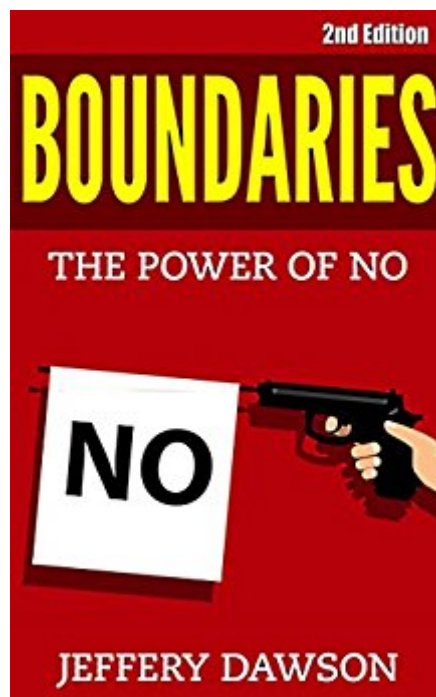




The book was found

# **Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships)**



## Synopsis

Boundaries And How To Say NO! 2nd Edition - NOW IN PAPERBACK! Boundaries for nice people. When nice people are asked to do things, those who feel insecure may be tempted to say "yes" more often than not. They need to create reasonable boundaries that allow a certain element of personal freedom of choice. Without these boundaries, what tends to happen is that others use nice people as "doormats." It's a fact of life that there are givers and takers that make up the human race. Givers are those who tend to put other people's needs before their own. Takers are those who profit from the generosity of kind people. Although giving is a very positive experience when in proportion to the give and take nature of a relationship, it becomes negative when nice people are pushed beyond acceptable limits and find themselves unable to say "no." This book covers the topic and gives demonstration to help those who find themselves in the unfortunate position of being constantly used. Setting boundaries helps nice people become more positive, helps self-esteem and strengthens the character, thus inviting more respect from peers. Learn the POWER OF NO! Download NOW and change your life forever!

## Book Information

File Size: 602 KB

Print Length: 112 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 25, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00V7NO27Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #133,462 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #69

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Mental Health > Codependency #170 in Books > Health, Fitness & Dieting > Mental Health >

Codependency #304 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships

## Customer Reviews

If you want to have good relationships with the people around you, but you not to do things that do not want, then this is the book for you. Here you will find tips to help you say "no", but also to learn what you really want. Often each of us to do something that does not want to just because do not know how to say "no" and we have fear to say what we want. If you want to change it, this book will be of great help to you, and I sincere recommend it!

If you are sick and tired of being used by other people as a doormat just because you have never gathered the courage to say no to any of their demands, then this book definitely has something for you. You will learn to dissolve the pressure that builds inside you when someone is constantly making demands on your time and you just can't seem a way to say no. The book provides a nice idea of using excuses to save yourself from a lot of misery. The book has a lot of advice to save yourself from victimization at the hands of others

The essence of this book is about setting boundaries and releasing the chains of societal expectation so you can be free to shine. Sometimes you need to be reminded that saying no is saying yes to a life of peace and happiness for yourself. As a people pleaser, I was always placing others needs ahead of my own, but not any more. Definitely worth a read!

I have read this book three times. It has been the most helpful book for me in dealing with difficult relationships. I have found that when you set the tiniest little boundary with an abusive person, all hell breaks loose for a while but it passes. With practice, setting boundaries gets easier. Don't expect boundary smashers to stick around - they likely won't change and will discard you when you stop playing their game. And that is a good thing! Learn to recognize "safe" and "unsafe" people. Don't let unsafe people in your inner circle - you have to find your wise inner owl and become your own best protector.

I have purchased this book for the brother who needs it. I observe quite positive changes in it! It became more vigorous, more cheerful and more productive. He has thanked me for this book! It is pleasant. Perhaps, I will begin to read it too!)

I doubted a bit that there was power in no. I have heard my whole life that being negative can hurt you and make you a negative person. Well, was I wrong. Jeffery lays out a powerful argument that shows why saying no can be one of the most important decisions you will ever make in becoming a more positive person. The key here is boundaries. If you say YES all of the time, you will allow people to cross over your boundaries until you have none. You just sit there with no time and resent the others around you. This book will teach you that you can and should say no. People will respect you and you will respect them as well!

I bought this book for my friend who I feel can be a bit of a door mat at times. People are always taking advantage of her loving nature and she finds herself always doing favours for people that wouldn't do it back in return. Anyway she said that she found this book really useful and felt inspired to stand up to people more.

This an excellent book written by this author. If you are one of the people who seems to get dragged into doing things for others because you haven't yet learned the art of saying no then this book is very useful for you. This book really hit the spot. I never fully understood just how important boundaries were until I read this book. Highly recommend for this book.

[Download to continue reading...](#)

Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Boundaries & Emotional Development: Boost Self-Esteem & Assertiveness for Healthier Relationships with Inner Child Healing Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Assertiveness: Learn to Say No!: Build Self Esteem by Setting Healthy Boundaries with Emotional Healing, Volume 2 High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Codependency: The End of Codependency: How to Stop Controlling and Enabling Others, Love Yourself, Have Happy Relationships, and be Codependent No More How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk CBT Worksheets for Teenage Social Anxiety: A CBT

workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Toxic Relationships: A Step-by-Step Guide With Tactics And Conversation Skills Around Difficult People With Toxic Personalities (Empath Survival, Healing Guide And Social Skills Improve Book 2) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence Self Esteem : 4 Manuscripts - Anxiety, Confidence, Depression, Introvert Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Self Love: Raising Your Self-Confidence & Self-Esteem Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)