



7 Easy Ways to Say NO to Difficult People: Stand Up for Yourself and Still Feel Good! (Set Your Boundaries Your Way Book 1)

Stephanie Sterner

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Can't say *no*?

Do you say *yes* when you really want to say *no*? Do you wish you could find the words to set that perfectly reasonable boundary without feeling awful? Do you struggle with people who ignore your boundaries – or imply that you don't have the right to them? When it's time to stand up for yourself, has the cat got your tongue?

Setting boundaries isn't easy. In this simple, practical guide, Stephanie Sterner reveals seven strategies for handling difficult people. And while many authors are content to fill their books with general advice, Stephanie has packed this guide with concrete examples of how to set boundaries gracefully.

It's easier than you think!

Whether you hate conflict, don't want to feel guilty, or just don't know what to say, you'll love this book. Why? Because it will give you all the information you need to turn that around – in about an hour.

That's right: one hour. This book doesn't contain complicated psychological theories or case studies. It's not about why people manipulate you, or even why you allow it. (Stephanie is writing a longer book about that.) It's all about communication: how to recognize and respond to manipulation simply, respectfully and effectively. And isn't that what you really want?

No hard feelings ...

Because every suggested response is respectful, you don't need to worry about feeling mean or hurting someone's feelings. If you follow these guidelines and someone gets angry with you, you'll know that the person confronting you is being unreasonable. And you'll know how to respond to that, too.

One size does NOT fit all.

Many authors tell you what limits to set and how to set them. Some have even created systems: formulas for

you to follow whenever you need to say *no*. But these instructions are based on the authors' values, not yours. And no formula can provide the understanding you need in order to choose your words – or handle the inevitable objections.

This concise guide accomplishes all this and more. It shows you how you've unconsciously handed your power to others – and gives you plenty of ways to reclaim it, one boundary at a time. You will quickly understand the principles behind each approach, what it will accomplish and where it may fall short. You'll be able to choose for yourself what to say and how to say it. After all, you're the one who has to live with the consequences of your words. Wouldn't you rather be empowered to select them yourself?

The Power of the Right Words

As Stephanie says in the preface: “You'll be amazed at how effective a simple, respectful response can be. Those who care about you will understand your need to put yourself first once in a while. And those who don't will struggle to deal with the new you: someone who can no longer be intimidated by a look, a tone of voice, or an unrealistic demand. This new you will quickly learn how to respond to different types of people and situations without sacrificing what matters to you: your time, your relationships, and your good feelings about yourself.”

Imagine making the choices you really want to make ... and still feeling good about yourself. No more need for the approval or agreement of others. (Of course, you can still consider their input.) No more resenting them for persuading you to do something against your better judgment. And with those boundaries in place, you'll finally be free to do the things that matter most to you. Your only regret will be that you didn't discover *7 Easy Ways* sooner!

Few books offer you so much in such a short space. This is a must-read for anyone who feels guilty or uncomfortable setting appropriate boundaries ... even if it's only sometimes.

Set your boundaries your way ... because it's your life.

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