



How to Say No: 10 Steps to Saying No and Taking Back Your Time and Your Life (Better Habits, Better You)

Matthew Lewis Browne

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In this book I'm going to show you a simple step by step system that helps you say no the right way so that you can take your time and your life back.

Hi, I'm Matthew Browne,

In the course of everyone's lives, we have many obstacles to tackle, including but not limited to ourselves. Oftentimes, we are the biggest hurdle we have to jump in order to get the most out of this life we've been given. When it comes to decision making, being nice, and being helpful, we usually have a ton of stuff on our plates. I know that I've often said no when I would really like to have said yes. Or sometimes, I've said "yes," simply out of habit. This doesn't have to be you. There are real reasons to start saying no more often and I've tackled those issues in this book. I've looked at the science and psychology of saying "no," and can honestly say there are good ways and bad ways; and most of all there are reasons you need to build this habit in yourself. If you're looking for smart ways to tackle real issues in life, you've found them here.

What you'll find in this incredible 30 page guide is an amazingly easy but super successful way to take your power and time back by learning to say "NO." You'll be able to use these ideas to create the life and build the habit for yourself so you can regain control of something you may not have even known that you'd lost.

Here's just a LITTLE of what you'll discover in this incredible guide. . .

7 easy and straightforward ways to say NO

Don't wait, you'll want to put this information to use as soon as possible.

Get this Awesome Guide for just \$2.99. Regularly priced at \$4.99

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