



# **People Pleasing: Setting Boundaries and Saying No: Applicable Action Steps to Saying "No" With Confidence, Setting Firm Boundaries, and Warding off Boundary Invaders for Life!**

*Mary Cummings*

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## **Learn How to Say No to Boundary Invaders by Putting Yourself First with These Proven Techniques and Steps!**

This book will act as your guide into attaining the mental strength needed to become a proactive player in your life. These proven steps and strategies are aimed at making you an assertive and confident boundary setter who says NO when you need to. It is an action oriented guide and there are calls to action at pivotal points in the book. Do not skip these steps, it is imperative that you are active in creating your positive paradigm. Action gets results!

There are many people who are living a partially subservient life because they currently lack the ability to set firm boundaries and say to say no to others. Perhaps they forgot or were never taught that other people's preferences are not their priority. Life can only be fully lived if we abide by our own thoughts, choices, and feelings. For whatever reasons, whether it is an obligation to courtesy or you are simply a nice person, somewhere along the lines we realized we are all too often a doormat for others. When we want to attain the best out of life we have to be in full control of all our actions. This includes setting boundaries that protect our self-interests. Take charge in your life and start saying no by saying yes to this book!

## **Sneak Peek of What is to Come:**

- The Root Source of People Pleasing
- Refusal Skills
- Different Ways of Dealing With People Pleasing
- Proven Actionable Steps to Start Building Mental Strength Immediately
- And Much, Much More!

**Take Action Now, Action Gets Results! Limited Time Discount For Only \$2.99!**

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