



Smart Women Know When to Say No

Dr. Kevin Leman

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Do you have a hard time saying no to people?

Do you feel guilty taking time out for yourself?

Do you feel overwhelmed by responsibilities?

If you can answer yes to any of these questions, you might be trying to keep others happy at your own expense. What happens when keeping everyone else happy steals your own happiness--or even your health?

Bestselling author and psychologist Dr. Kevin Leman can help you break this destructive pattern in your life. With his wise and witty counsel, you'll learn how to

give yourself positive messages
avoid or deal with the "controlling" men in your life
build your self-esteem
say no when you need to
and more

With Dr. Leman's help, you can become a person who can assert herself but still keep her pleasing personality. So say good-bye to guilt and hello to a brand new you!

Dr. Kevin Leman is an internationally known psychologist, humorist, and bestselling author of *The Birth Order Book* and *Have a New Kid by Friday*. He is former consulting psychologist for *Good Morning America* and a frequent guest on *The View*, *The Early Show*, and *Focus on the Family*.

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