



When I Say No, I Feel Guilty: How to Cope, Using the Skills of Systematic Assertive Therapy

By Manuel J Smith

Bantam Doubleday Dell Publishing Group Inc, United States, 1985. Paperback. Book Condition: New. Reissue. 174 x 138 mm. Language: English . Brand New Book. The best-seller that helps you say: I just said no and I don t feel guilty! Are you letting your kids get away with murder? Are you allowing your mother-in-law to impose her will on you? Are you embarrassed by praise or crushed by criticism? Are you having trouble coping with people? Learn the answers in When I Say No, I Feel Guilty, the best-seller with revolutionary new techniques for getting your own way.

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