

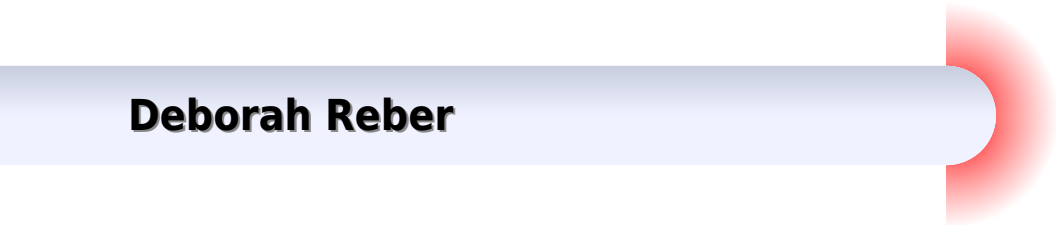
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Deborah Reber



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Speak Up! Halley Bondy, 2019-08-01 Middle school is a tough time for nearly everyone but it can be especially hard on girls. Between social and cultural pressures, academic challenges, family dynamics, changing hormones, and a growing awareness of the world around them, middle school girls often end up feeling voiceless and powerless. They can struggle with speaking in class, standing up for their beliefs, navigating complicated social situations, and generally letting their voices be heard. *Speak Up* confronts these issues head on. In a relatable, frank tone, *Speak Up* lets young girls know that what they have to say is important and that their thoughts are worth hearing. By presenting real issues and scenarios that girls will recognize from their own day to day lives, as well as exploring the negative thoughts and feelings that can hold them back, *Speak Up* will supply girls with the tools they need to understand their feelings and speak up in any situation. Interactive exercises, lists, real life examples, and attractive graphics will keep the readers engaged from start to finish. More than a book about self esteem, *Speak Up* addresses the cultural factors that hold girls back and features real strategies to enable them in finding and using their voices.

Chill Deborah Reber, 2015-01-20 Gives teens the insight and tools they need to manage the pressures of everyday life by offering advice and stress reducing techniques.

Smart Women Know When to Say No Dr. Kevin Leman, 2010-12-01 Many women try too hard to be nice. It's a way of life for many who live in a culture that expects them to be the ones who keep everyone happy. But what happens when keeping everyone else happy drains your own happiness? This book by bestselling author Dr. Kevin Leman shows how women who find themselves manipulated by impassivity, guilt, or abusive behavior can learn to assert themselves while maintaining their pleasing personalities.

The No People Bruce J. Avolio, 2011-09-01 This book focuses on capturing one of the most important elements in successful leadership: giving followers a voice and motivating them to use that voice to help the leader be successful. The book is based on taking real stories of effective versus ineffective leaders from around the world and sharing the lessons learned that facilitate or detract from followers helping leaders to be at their very best. Every leader comes to a cliff, so the author asks the fundamental question: which ones have followers that grab them to pull them back from the abyss, and which ones have followers that give them a nudge towards the abyss? This book threads many of the core concepts associated with the science and practice of leadership, such as authenticity, ownership, and innovation, into the stories that help explain how leaders can create the conditions for followers to take ownership in ways that facilitate effective innovation and performance. The stories were purposely chosen for inclusion that would be the ones that readers would most likely identify with and apply to their own development. Moreover, the stories are framed by concepts and constructs in the field of leadership that have been well studied. This is the type of book that one would expect managers to buy 20 copies for all of their followers to read and then perhaps discuss why the leader wants more "No People" in his or her unit. The book was written to be highly accessible to a very wide range of audiences, from teachers to trainers to top management teams. Ideally, keeping the length short, easy to

read and reasonably priced for high volume sales will offer this book its best chance of success in the global market

Learning How to Say No When You Usually Say Yes Maritza Manresa, 2011-09-30 The urge to say yes to please everyone around you can be overwhelming It is not just a matter of being a nice person It can be rooted in your desire to maintain your self image the product of chronically low self esteem It may even be the result of situations in which you feel you will gain from constantly saying yes But the truth in life is that knowing when to say No when you usually say Yes is one of the most fundamentally important things you can do for yourself and for your relationships Forcing others to respect you regardless of your positions and to establish a clear and comfortable persona for yourself rely on this ability This book walks everyone who has ever felt uncomfortable denying something to others through the process of recognizing how you truly feel and tapping into your inner self so that you can relay to others how you truly feel saying no when necessary and yes only when you truly agree or are willing to do something You will learn everything you need to know to recognize what it is about your personality that creates a need to say yes From understanding what it is you want to get out of other people to accepting that you do not need their validation you will learn how to separate your insecurities from what you really think so that you can start telling people how you truly feel Learn how to set priorities and therefore know when it is okay to say yes By understanding the proper time to say yes you will quickly learn how to tell the times when it is not okay and you must say no In various interviews with parents educators psychologists and every day citizens this book provides a complete world view that helps any individual understand what it is about their personality that causes them to consistently say yes when they should not You will ultimately learn what it means to give in and what the psychological results are of making these decisions repeatedly For anyone who has ever found themselves unhappy due to constant willingness to sacrifice their own happiness this book is for you Atlantic Publishing is a small independent publishing company based in Ocala Florida Founded over twenty years ago in the company president s garage Atlantic Publishing has grown to become a renowned resource for non fiction books Today over 450 titles are in print covering subjects such as small business healthy living management finance careers and real estate Atlantic Publishing prides itself on producing award winning high quality manuals that give readers up to date pertinent information real world examples and case studies with expert advice Every book has resources contact information and web sites of the products or companies discussed

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The Art of Saying No with Elegance Connor Fritz, 2025-10-27 Are You Drowning in Obligation Do you find yourself saying yes when your heart screams no Are you exhausted from taking on everyone else's projects favors and demands You're not alone In a world that rewards people pleasing you've been taught that your worth is measured by your willingness to say yes But what if that simple two letter word is costing you your time your energy and even your peace of mind This is a book for the over committed the over extended and the silently resentful It's for the person who gives so much of themselves that there's nothing left But this isn't a book about becoming selfish It's a book about becoming intentional Introducing *The Art of Saying No with Elegance* This isn't just a guide it's a transformative journey Through a series of powerful stories and practical tools you will learn to reframe no not as an act of rejection but as an act of grace You will discover how to Uncover the Hidden Costs of Your Yes

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