



Smart Women Know When to Say No

Dr. Kevin Leman

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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.

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