



The Need to Say No: The Importance of Setting Boundaries in Love, Life, & Your World - How to Be Bullish and Not Bullied (Little Book. Big Idea.)

Jill Brooke

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The Need to Say No is a simple inspirational guide and instructional manual to help the reader gain command of their relationships by setting boundaries. Whether in love, work, family, or the world, the need to say no is imperative at times. And rather than accepting another transgression or being bullied, learning to set healthy boundaries is essential for our health and well-being at home, in the workplace, or the communities in which we live.

The Need to Say No includes helpful advice on how to say no without fear and without injury to either party. It is an essential book for anyone who has said yes too often or just accepted an unacceptable status quo.

Emile M. Cioran wrote, "Tyranny destroys or strengthens the individual." Indeed if we allow ourselves to accept a fate without setting boundaries through our will and actions, we can be destroyed emotionally, psychologically, and even physically.

Many people have to learn the skills to defend themselves from the inappropriate demands of others, and for that reason *The Need to Say No* is written. Whether dealing with an abusive love partner, an inappropriate boss, a child that demands everything, a societal condition that needs to stop, or any other kind of bullies, we have the power within ourselves to change the outcomes for the better: to be bullish without being bulldozed. And this better outcome can mean peace at home, success at work, and real change in the world.

The Need to Say No uses the metaphor of a bull to examine the behaviors of bullies and boundary violators and also includes mythological, historical and contemporary bull stories and uses them to identify the 10 bull archetypes of aggressive personalities you often encounter and how to deal effectively with them.

The Need to Say No provides inspiration and guidance in an entertaining and positive way to help us improve our lives through the decision to say no. Rich with quotes, illustrations, anecdotes, examples, tips, and more this book delivers a profound way to reach a positive conclusion: by saying "no."

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