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How to Say No Without Feeling Guilty And Say Yes to More Time, More Joy, and what Matters Most to You, Patti Breitman, Connie Hatch, Feb 1, 2001, Psychology, 272 pages. The art of saying "no" can be taught and learned say the authors of this important book, which presents a fool-proof plan for keeping demanding friends and family at bay.

Inspiration Your Ultimate Calling, Wayne W. Dyer, Jun 20, 2007, Self-Help, 255 pages. Offers guidance in reconnecting with one's spiritual source to find direction and meaning in all areas of life..


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