

[Library ebook] No!: How One Simple Word Can Transform Your Life

No!: How One Simple Word Can Transform Your Life

Jana Kemp

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HOW ONE SIMPLE WORD CAN
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Jana Kemp : No!: How One Simple Word Can Transform Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised No!: How One Simple Word Can Transform Your Life:

1 of 2 people found the following review helpful. No! How One Simple Word Can Transform Your LifeBy Kelly BeggrowNo! is an interesting study in a world where it is hard to say no. The author clearly researches every possible situation where one would be in positions of having to say no. It is a thorough and exhaustive research into what where why and how.7 of 8 people found the following review helpful. Insightful!By Rolf DobelliThis book benefits those who face exhaustion from overwork, stress and overuse of the word 'yes' - and that includes almost everyone. No matter what level of employment or management you are in, where you work or what your responsibilities are, most

people have a natural propensity to say 'yes' far too often. Jana Kemp's book will help if you sometimes say 'yes' when you don't want to, or even when you are not fully capable of committing to and delivering on the promise you are making. She offers tools and advice for timely, sound decision-making. Even though the book's self-assessment mechanisms, introspective exercises and checklists can get a bit repetitive, reinforcement is the best way to change your automatic responses. The habit of overcommitting can harm your relationships and your physical and mental health, including your stress level. Kemp finds that people want to please others so much that they overcommit in every venue of their lives. We say 'Yes!' to this book for anyone who needs to learn how to become comfortable saying 'no' and how to do so in a direct, gracious manner that refuses the request without rejecting the person. (By the way, if you don't need to learn this skill, you can always just say 'No!')

11 of 12 people found the following review helpful. This book is a **MUST READ**, particularly if you are very busy. By Dave Lakhani, As the President of BoldApproach.com, a business acceleration strategy and marketing firm, it seemed a little counter intuitive to read a book about saying no since my whole job is based around getting people to say yes. But I dove in and boy am I glad I did. No is one of those books that you simply must read. It isn't a book about assertiveness or any of the other things you've read, but a powerful book about taking and maintaining control of your life personally and professionally. Ask yourself these questions: Do you say yes when you really want to say no? Do you ever feel bad when you say no? Do you accept invitations to be on boards and committees even when you are already wildly over committed? Do you wish there was a way to say no without hurting people's feelings? Have you ever wondered how and when to fire a customer? If you answered yes to even one of those questions, then there are literally dozens of other situations that this book will help you overcome with efficiency. I highly recommend this book.

If you're afraid that saying "no" will cause a backlash with friends, family, or colleagues, you'll be pleasantly surprised to learn that "no" can be a productive answer, and can put you in control of any situation - without turning you into a meanie. No! turns the word into a tool for personal power, and gives you new ways to help discussions and decisions move forward. This enlightening guide reveals how "no" can help you protect your time, money, family, and more. And it demonstrates that "no" is a legitimate word that doesn't always need to be negotiated to "yes".

About the Author Jana Kemp is the owner of Meeting Management Essentials, which helps individuals and organizations improve decision making, time management, and meeting skills. She has been featured or quoted in Sales and Marketing Management, USA Today, Success, and other national publications. In addition, she applies her skills as Representative Kemp while serving her first term in the Idaho Legislature. Ms. Kemp lives in Boise, Idaho.