



# **My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It**

*Nanette Gartrell*

Download now

[Click here](#) if your download doesn't start automatically

# My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It

Nanette Gartrell

## My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It It Nanette Gartrell

- Are you afraid you'll hurt the people you care about if you say NO to them?
- Can you set limits when employees neglect their responsibilities? How about with your boss?
- When friends ask you to do something you don't want to do, do you invent an elaborate excuse?
- Do you have a hard time saying NO to an invitation even when you're completely exhausted?
- Do you have trouble even practicing the sentence "No, Mom, I just can't make it home this holiday"?

If any of these scenarios sound familiar, keep reading - you need this book...

No is a very simple word -- two letters, one syllable. Yet many women have a hard time saying it without feeling anxious or guilty. *In My Answer Is NO...If That's Okay with You*, award-winning psychiatrist and author Dr. Nanette Gartrell takes a fresh look at why even the most powerful, accomplished, and successful women find it difficult to say no and offers a revolutionary approach to setting limits without jeopardizing important relationships.

Today women are bombarded with messages like "put yourself first" and "stop being a people-pleaser." But this sort of advice is useless to women who value the caring and generosity that prompt them to say yes in the first place. Through personal interviews with a diverse group of talented women, including CEOs, celebrities, physicians, and public officials, Dr. Gartrell shows that women's reluctance to say no stems from valuable traits that they should embrace, such as empathy, sensitivity, and thoughtfulness. With humor and wisdom, Dr. Gartrell reaffirms the psychological importance of compassion and feeling connected, which can often lead a woman to say yes rather than no in order to preserve a relationship or spare someone's feelings. Through entertaining anecdotes and insights from her years of clinical practice, Dr. Gartrell teaches women to honor their best instincts while still maintaining boundaries. *My Answer Is NO...If That's Okay with You* offers creative, practical ways to transform an automatic or reluctant yes into a healthy, respectful no -- and still feel good about it.

 [Download My Answer is No . . . If That's Okay with You: How ...pdf](#)

 [Read Online My Answer is No . . . If That's Okay with You: H ...pdf](#)

## **Download and Read Free Online My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It Nanette Gartrell**

---

### **From reader reviews:**

#### **Gracie Davis:**

This My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this publication incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This specific My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It without we recognize teach the one who reading it become critical in contemplating and analyzing. Don't always be worry My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It can bring whenever you are and not make your tote space or bookshelves' come to be full because you can have it in the lovely laptop even cell phone. This My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It having great arrangement in word and layout, so you will not truly feel uninterested in reading.

#### **David Wolverton:**

People live in this new moment of lifestyle always aim to and must have the spare time or they will get lot of stress from both way of life and work. So , when we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we consult again, what kind of activity have you got when the spare time coming to a person of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative with spending your spare time, typically the book you have read is definitely My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It.

#### **Donna Davis:**

Many people spending their period by playing outside using friends, fun activity using family or just watching TV the entire day. You can have new activity to shell out your whole day by reading through a book. Ugh, do you think reading a book can really hard because you have to take the book everywhere? It all right you can have the e-book, having everywhere you want in your Touch screen phone. Like My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It which is keeping the e-book version. So , try out this book? Let's find.

#### **Cheryl Burnett:**

Is it you actually who having spare time and then spend it whole day through watching television programs or just laying on the bed? Do you need something new? This My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It can be the respond to, oh how comes? The new book you know. You are thus out of date, spending your time by reading in this new era is common not a nerd activity. So what these ebooks have than the others?

**Download and Read Online My Answer is No . . . If That's Okay  
with You: How Women Can Say No and (Still) Feel Good About It  
Nanette Gartrell #LGRCN0MS28Q**

## **Read My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell for online ebook**

My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell books to read online.

### **Online My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell ebook PDF download**

**My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell Doc**

**My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell Mobipocket**

**My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It by Nanette Gartrell EPub**