



# It s OK to Say No: A Bucket System for Living (Paperback)

By Valerie J. Friesen

Trafford Publishing, Canada, 2006. Paperback. Book Condition: New. 216 x 151 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Who could benefit from reading a book like this? Every adult could benefit from reading a book like this. This bucket system for living is designed for the adult who is not able to say no to people and challenges that come their way in life. They do not say no, neither do they know when to say no. Maybe you will identify with one of the following types of people. Do you take good care of yourself and do you make good choices for you? Do you say yes to requests, even though it is not a good choice for you? Do you have a tough time making decisions? Or, defer decisions to someone else? Do you operate in life by winging it? Or by flying by the seat of your pants? Do you lack direction and purpose? Did you have a difficult childhood and are you still being affected by it? Have you been in an unhealthy relationship for years and feel like there is nothing of you left? Maybe you need some healing....



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