



Boundaries: The Power of NO

Jeffery Dawson

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Boundaries And How To Say NO! Boundaries for nice people. When nice people are asked to do things, those who feel insecure may be tempted to say “yes” more often than not. They need to create reasonable boundaries that allow a certain element of personal freedom of choice. Without these boundaries, what tends to happen is that others use nice people as “doormats.” It’s a fact of life that there are givers and takers that make up the human race. Givers are those who tend to put other people’s needs before their own. Takers are those who profit from the generosity of kind people. Although giving is a very positive experience when in proportion to the give and take nature of a relationship, it becomes negative when nice people are pushed beyond acceptable limits and find themselves unable to say “no.” This book covers the topic and gives demonstration to help those who find themselves in the unfortunate position of being constantly used. Setting boundaries helps nice people become more positive, helps self-esteem and strengthens the character, thus inviting more respect from peers. Learn the POWER OF NO!

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