



The Power of No: How to Keep Blowhards and Bozos at Bay

Beth Wareham

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The terrible yes years. You know them well: You're suckered into working late and often, unflattering haircuts and poodle perms, back-fat-exposing blouses, too small jeans, treacherous friendships, and dudes who kiss like a Saint Bernard...all because you couldn't use that one little word...that one little word with so much power...N-O.

Unlike "please respect my boundaries," N-O has teeth. It says jump back! Stand down! Mess-with-me-at-your-peril! It can be delivered like a whisper or spat out like a curse. N-O is perfect for every relationship, from cubicle to corner office, backyard to bedroom, dry cleaner to grocery store. Worn on your hip and drawn in one smooth action, NO lets you say, "I don't have time for this nonsense. I am making a great life here."

The perfect book for anyone who has ever been passed over for a promotion, dated jerks, married a disaster, suffered too many fools, or just needed more time alone, *The Power of No* will teach you how to manage what you don't want and get what you do.

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