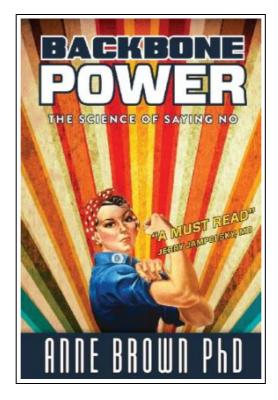
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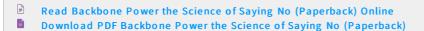
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### BACKBONE POWER THE SCIENCE OF SAYING NO (PAPERBACK)



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Anne Brown, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A wise man once said, the key to failure is trying to please everybody. But before you can tell others NO, you have to able to tell yourself YES. Yes to embarking on a path of personal growth. Yes to ending the cycle of people-pleasing and self-neglect-finally and forever. Plainly put, you must develop a BACKBONE. Yes, it is a process and a journey. Yes, you will be tested. But on the other side of this crucible lies empowerment and respect. Let Dr. Anne Brown, a practicing therapist for the last twenty-five years, show you the way. Yes, it is worth it and no, you won t be sorry.



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