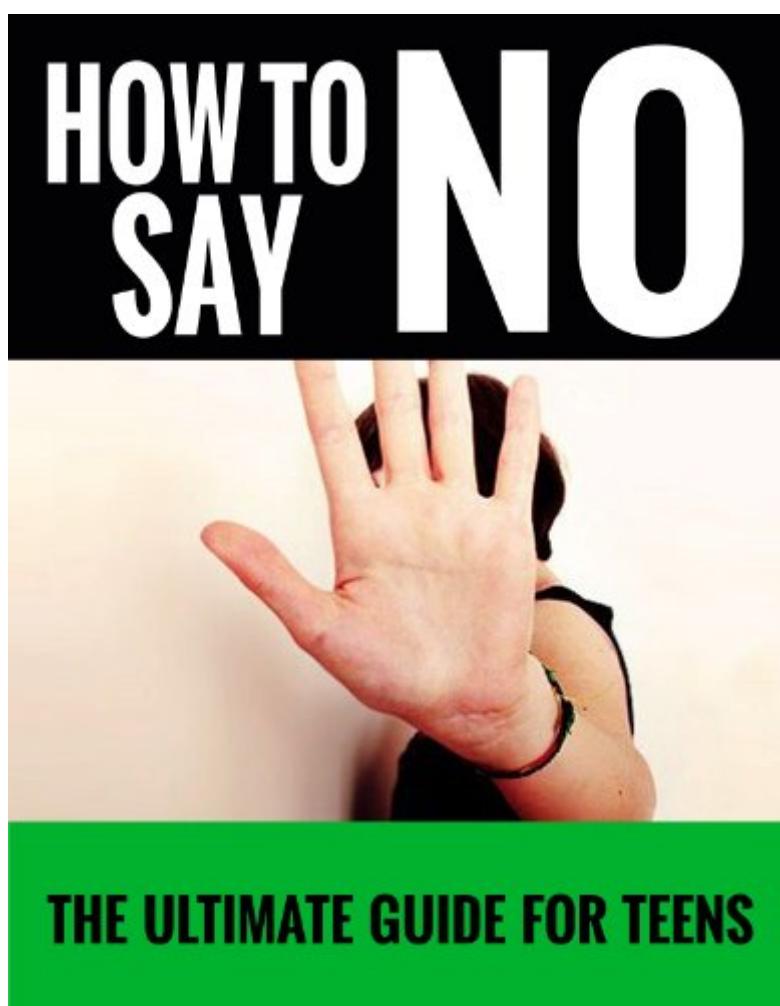


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# How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books For Women, Social Skills Book 1)



## Synopsis

Do You Want To Learn The Easiest Ways To Say No? Peer Pressure makes it hard to say "no", especially when it seems like everyone is saying, "Don't worry, no one will find out. Everyone is doing it." The consequences of not saying "no" can include jail, destruction of relationships with friends and parents, and even death. You'll soon find out:- The Best Ways To Resist Peer Pressure - Skills For Saying "No" To The Pressures Of Sex, Drugs & Alcohol- How To Find Friends That Are Good For You- Where To Go If You Need Help- And Much, Much More!\*\*Includes A Special Surprise At The End\*\*\*\*One last thing...if you download today, you'll get a link to receive incredible ebooks TOTALLY FREE!\*\*To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.

## Book Information

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## Customer Reviews

This new book by Jennifer Love is just great. It showed me that although my 13 & 16 year-olds are screaming for freedom and independence, I am still their parent and I am the one who is

responsible for setting boundaries and guiding them through the extra-difficult teen years. So - I found this book to be very useful - with lots of practical advice on dealing with teens in general - plus - lots of tips for dealing with many of the specific issues teens are facing. Highly recommended.

Jake

This book has been very helpful with my friends daughter. She gives into peer pressure and gets herself into trouble all of the time. I bought this book for my friend to have her daughter read it. Of course, she is a teenage girl she thinks we are annoying, but I think this has really helped her. She has been staying out of trouble the past few weeks because of this book. This is a must read if you have a teenager, just buy it and have them read it!

I have been so shocked at how quickly my niece is growing up and she's starting her first year in high school. I just can't believe how time flies! Anyway, I know she really cares about fitting in and being in the crowd that does a lot of activities like choir and a cheer squad. I'm always wondering what people she's around and how she makes her choices with peer pressure. I know she's a smart girl, but I'm hoping that if she reads this book she'll be more aware of her options and what people are REALLY doing with peer pressure. I'm not sure that most teenagers care about the health effects of some of the bad habits that are covered in this book, but I do think overall this is a great starting point for a parent or teen to read in preparing themselves for saying no to peer pressure. Remember, you're the average of your five closest friends!

I would highly recommend this book to all parents, whether your child is a teenager yet or not. Such helpful, practical information. Using with client who really appreciates processing the info in this book. I learned a lot about how things should have been when I was growing up and corrected my thinking on several issues. Thank you for correcting my mistakes in understanding.

How to Say No, is an informational guide delivered in an inviting manner that discusses the good, the bad and the downright ugly of peer pressure. Offering relatable insight, positive support and concrete solutions to help teens battle and win again inevitable peer pressure. The author points out there's no denying growing up is tough. But this doesn't mean it has to be negative. The more you know and understand, what to expect when it comes to "fitting in," the better. This book is a great starting point to ensure you get on the right track and stay there! Good Luck!

I got this book to help guide my teenage cousin who is in high school. Like most teens he likes to please everybody, so saying "no", is really hard for him. This book provides information for teens on how to become good decision makers in the future by learning when and how to say no. How To Say No also explores the common peer pressures every teen encounters. I love how insightful the author is, and she even expounded on the bad effects of these pressures. The book is very easy to understand and I hope that every parent will let their kids read this book.

Reading this book, I felt so nostalgic. It's like going back to being a teen again. Being a teenager is a roller coaster experience in a person's life. There are up's and down's and everyone has to deal with it. The author really made the right decision for choosing this topic because teens really are in need of guidance - and this book gives them. I find Chapter 1, knowing how and why to say "no" and Chapter 3, Ways to Find Good Friends the most interesting chapters for me. Will surely share this with my relatives that are in the stage of being a teen.

This ebook has some excellent content about how to say no. It seems that in our passive world it is often too common that people have not learned how to tell others no - or feel guilty when they do it. This ebook is a common sense guide which is useful for helping teens learn how to say no in situations where it is the correct and appropriate answer. The author spends quite a bit of time discussing the different types of scenarios where kids might need the courage to tell someone no. She does a great job of discussing this issue.

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