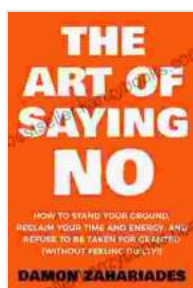


# How to Stand Your Ground: Reclaim Your Time, Energy, and Refuse to Be Taken

In an increasingly demanding world, it's easy to feel like we're constantly being taken advantage of. We say yes to things we don't want to do, we give our time and energy to people who don't deserve it, and we end up feeling resentful and exhausted.



## The Art Of Saying NO: How To Stand Your Ground, Reclaim Your Time And Energy, And Refuse To Be Taken For Granted (Without Feeling Guilty!) (The Art Of Living Well Book 1) by Damon Zahariades

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2078 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 172 pages
Lending	: Enabled



But it doesn't have to be this way. In her new book, How to Stand Your Ground, author and speaker Lisa A. Romano shows us how to reclaim our time, energy, and self-respect. She provides practical tools and strategies for setting boundaries, saying no to requests we don't want to fulfill, and standing up for ourselves without being aggressive or confrontational.

With insights from psychology, neuroscience, and her own personal experience, Romano empowers readers to take back control of their lives and live with greater confidence and purpose.

## **What You'll Learn in How to Stand Your Ground**

- How to identify your boundaries and set them with others
- How to say no to requests you don't want to fulfill
- How to stand up for yourself without being aggressive or confrontational
- How to deal with difficult people
- How to protect your time and energy

## **Who Should Read How to Stand Your Ground**

How to Stand Your Ground is for anyone who feels like they're constantly being taken advantage of. It's for people who are tired of feeling resentful and exhausted. It's for people who want to take back control of their lives and live with greater confidence and purpose.

## **About the Author**

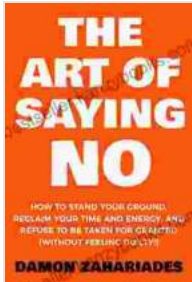
Lisa A. Romano is a speaker, author, and coach who helps people to set boundaries, say no, and stand up for themselves. She has been featured in The New York Times, The Wall Street Journal, and Forbes. Her work has been translated into more than 20 languages.

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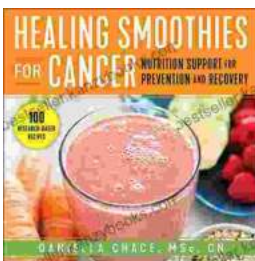
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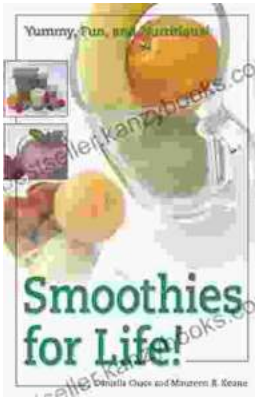
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