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Don't raise your voice, that would just make them say NO. Don't bother them when they need space. If they say no, don't get an attitude and go running to your room or

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Do you ever say yes to things that don't really align with who you are or what you want in life? The word no is a powerful force in creating the life you want.

### **Why we say "yes" when we want to say "no" -**

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