



Not At My Expense

Bruno Gideon

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Are your opinions not taken seriously? Do people take advantage of you again and again? Does the temperature drop when you walk into a party? Then chances are you're still wearing the "kick me" sign placed on your back by friends and family when you were growing up. It doesn't have to be this way. Using examples from his own life and his extensive success in business, Bruno Gideon guides readers through six powerful steps to raise their self-esteem and achieve extraordinary success personally and professionally: Analyze your reactions; Recognize other people's motives; Learn to say no; Reevaluate your priorities; Resist pressure from other people; Pay attention to your inner self.

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