



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 you¹re still wearing the ³kick me² sign placed on your back by ³friends² and family when you were growing up. It doesn¹t 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 people¹s motives; Learn to say no; Reevaluate your priorities; Resist pressure from other people; Pay attention to your inner self.



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