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## Nice No More

Stop Shrinking Back, Start Showing Up!

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Author: Myriam Zenina

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Designed to empower women to reclaim their own stories, this bold, transformative manifesto combines raw firsthand accounts and insightful guidance.

As we turn the pages of this book, a new path unfolds before us. We will be able to:

- Set healthy boundaries without seeking others' approval.
  - Say no without guilt or fear.
  - Turn kindness into a true source of strength.
  - Build lasting, authentic self-esteem and unleash the power within.
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