

FREE GIFT DESCRIPTION/BLURB

If you need to learn how to start saying “No” to shit you just don’t want to do (like that family function your mom has been quilting you about) or want to stop being ruled by fear and constant concern about what everyone else thinks, then you need to get you paws on this lovely little eBook/Audiobook by Amy E. Smith.

Designed to create radical change in a short period of time, Stand Up for Yourself Without Being a Dick, offers 9, easy-to-implement challenges designed to rapidly increase your self-confidence and self-love. Get some. #youwontbesorry

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MORE INFORMATION ON THIS GIFT CAN BE FOUND [HERE](#).