



**Read@Work**

Your Reading Supplement for Work and More

**“ONE OF THE BIGGEST DEFECTS IN LIFE IS THE INABILITY TO ASK FOR HELP.”**

- ROBERT KIYOSAKI



**CURATED READS**

**Saying No and Asking for Help**

A hundred thousand years ago, saying no to your tribe mates meant social exclusion or getting yourself killed. Though we have been out of the caves for some time, we are still saying yes to everything that comes our way and risk having too much on our plate. To survive and thrive in the urban jungle that is our workplace, learn to say no or master the art of asking for help with these resources.

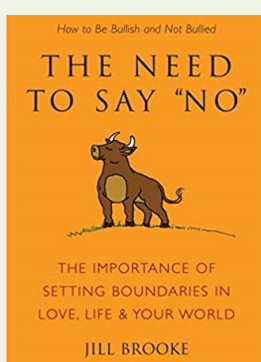
**The Need to Say No: How to Be Bullish Without Being Bulldozed**

by Jill Brooke  
Call no.: English 158.2 BRO

All rights reserved, Hobart, NY: Hatherleigh Press, 2013.

In a culture where you are encouraged to say yes all the time, be bullish and say NO! In this easy and fun read, learn why you should stand your ground, say no when you need to, and why it is important to do so.

Borrow the e-book [here](#).



**The Courage to Be Disliked: How to Free Yourself, Change Your Life, and Achieve Real Happiness**

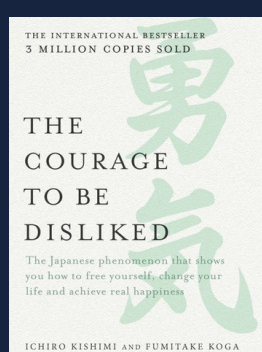
by Ichirō Kishimi  
Call no.: English 158 KIS

**All You Have to Do is Ask: How to Master the Most Important Skill for Success**

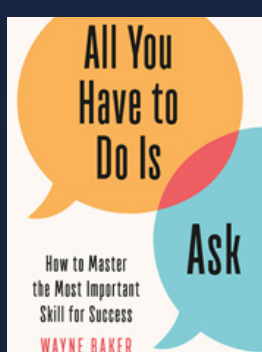
By Wayne Baker  
Call no.: English 650.1014 BAK - [BIZ]

**How to Say No, For the People Pleaser Who Always Says Yes**

NPR Article



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At the root of the Yes Culture is a deep-seated need to be liked. In this international bestseller, an unhappy young man seeks the wisdom of an old philosopher to learn how to be happy. Through their conversations, learn why and how you can reject the need to be liked and be truly content.

Borrow the e-book [here](#).

Studies have shown that asking for help makes us less frustrated and better at work. And yet, we rarely give ourselves the permission to do so. In this book, Wayne Baker shares a set of strategies to help you hone your ability to ask for the things you need to succeed.

Borrow the book [here](#).

There is a price to be paid for saying yes just to make the people around us happy. We suppress and repress our own selves when we go down the yes-lane. In this article, learn tips on how you can curb your people-pleasing tendencies for your own good.

Read more [here](#).



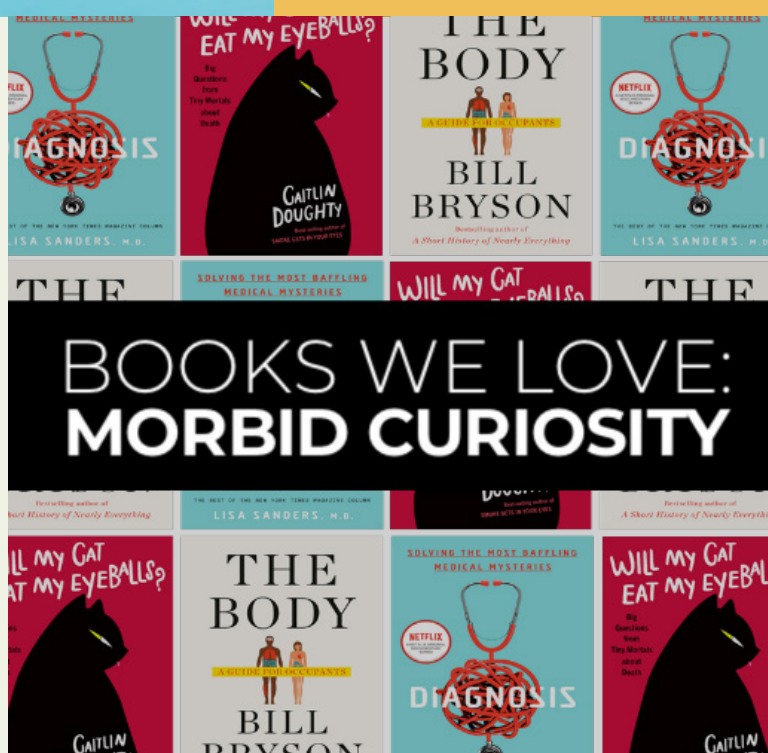
**WATCH THIS!**

**Saying No Is Hard. These Communication Tips Make It Easy**

**THE HIT LIST**

From medical quandaries narrated CSI-style (*Diagnosis*) to a surprisingly light-hearted FAQ on death and dead bodies (*Will My Cat Eat My Eyeballs?*), here're some macabre must-reads to satiate your morbid curiosity. In the mood for something more wholesome? Embark on a tour of the human body in *The Body: A Guide for Occupants*.

Borrow the e-books [here](#).



**BOOKS WE LOVE: MORBID CURIOSITY**

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**DID YOU KNOW?**