



It's important to know - first - when asking for help, a "no" most frequently says something about the folks who are saying it rather than about the person who has asked for help. Remember that - first and foremost! Unfortunately for many, asking for help translates into a mayday call for help that is not made at all, or only made when there is almost no other choice. But the good news is that you can learn to ask for help. We've found an author that helps you see that it can be a fairly simple act. But first, you've got to debunk some common cultural myths.

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