



If you're starting a request for help by saying, "I really hate to ask you . . ." maybe the person you're asking is thinking, "I really hate it too!" Asking for help isn't easy! But it's a skill we can all learn. It's a matter of being positive, organized and direct.

In this Cool Free Download we provide some sample tools to help you develop the skills to ask for help and have better results in gaining the other person's engagement. We also provide some real answers to help you understand the benefits of asking for help.

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