



Sheryl Green

Author, Speaker, Boundary Expert

Sheryl works with individuals and organizations who want to unleash the power of healthy boundaries, so they can improve productivity, relationships, communication, and well-being.

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Do you ever blurt out “yes” to a request when you really want to say “no?”

Do you find it difficult to voice your opinion or tell someone when they are making you feel uncomfortable?

Do you feel like you are spread too thin and like at the end of the day, there's nothing left for you?

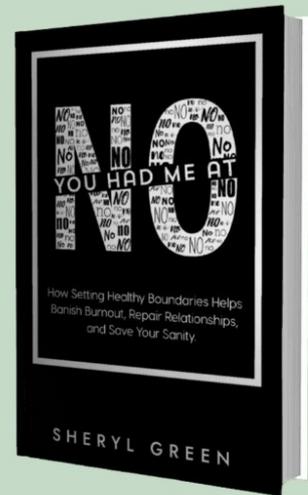
We have been conditioned to people-please, going beyond giving of ourselves to the point of giving up ourselves. This leads to exhaustion, anger, and some really ugly resentment. *You Had Me At No* is filled with research, real-life stories, and advice from someone who has been in your shoes.

In this book, you will learn:

- The Goldilocks Principle: Healthy vs. Dysfunctional Boundaries
- The Clash Question: A system to make better decisions
- How to speak the language of healthy boundaries
- How codependency, enmeshment, empathy, and being a Highly Sensitive Person contribute to boundary issues.

By the end of "You Had Me At No," you'll understand why you are angry, resentful, and exhausted, and you'll have the tools to kick those feelings to the curb. It's time to take your life back!

“As a therapist, I see clients struggling with setting and maintaining healthy boundaries on a daily basis. Providing clear, actionable steps to assert ourselves, "You Had Me at No" is my new go-to client recommendation.”
- Emily Lewis.



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For Immediate Release
August 22, 2023

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Las Vegas Author Sheryl Green Releases Nonfiction Book “You Had Me At No”

LAS VEGAS (August 15, 2023) – Las Vegas-based Mental Health Speaker and Author Sheryl Green is launching her latest book, *You Had Me At No: How Setting Healthy Boundaries Helps Banish Burnout, Repair Relationships, and Save Your Sanity*, with a portion of the proceeds supporting local animal welfare organizations. As the country celebrates National Wellness Month, *You Had Me At No* helps readers overcome overwhelm by setting boundaries in their personal and professional lives.

“Self-care has become a buzzword in today’s overloaded, burned-out society,” says Green. “But weekly bubble baths and the annual vacation won’t save us. It’s only when we learn to set healthy boundaries that we can protect our wellbeing.”

In the book, Green describes the conditioned need to people-please that leads to exhaustion, anger, and resentment. To combat this, she presents various exercises and tools designed to help readers understand where dysfunctional boundaries come from, how to establish healthy boundaries, and then how to flex their boundary muscles to uphold them.

You Had Me At No is not just a book. It’s a movement to teach people the difference between *giving up themselves* and *giving of themselves*. The book will be available in digital and paperback starting August 21st through Amazon.com, BarnesandNoble.com, and Ingramspark.com. A launch party is scheduled for late September.

ABOUT SHERYL GREEN SPEAKS

Sheryl Green is a mental health speaker and author, rescue dog mom, and plant addict who works with individuals and organizations to establish healthy boundaries. As an avid animal advocate, she donates 5% of her book sales and speaking fees to local nonprofits such as the Vegas Pet Rescue Project.

“When I was in the throes of depression, animals saved my life,” said Green. “I plan to spend the rest of my life saving theirs.”

Green is available for interviews, and the book will be made available by request. For more information, visit www.YouHadMeAtNo.com or email shery@sherylgreenspeaks.com.

Sheryl Green’s mission is to change the world, one boundary at a time.

Sample Q & A



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Suggested Interview Questions

What was the defining moment in your life?

In the Fall of 2021, I was running my own business, working full-time with an animal rescue, caring for old (and sick) parents, and still volunteering EVERYWHERE. I experienced burnout (though I didn't know what it was at the time) and considered taking my own life.

What are boundaries?

I like to describe boundaries as the way in which we allow others to treat us, and by extension, our material possessions, loved ones, time, etc.

What happens when we have unhealthy boundaries?

Unhealthy boundaries impact our emotional and physical well-being, our productivity, and our self-worth. They also wreak havoc on our relationships.

Why do people have such a hard time speaking up for themselves?

Unfortunately, so many of us were raised in homes where boundaries weren't taught, modeled, or allowed. It requires deep work and a mindset shift to believe that you are worthy of voicing your opinions and your needs.

How important is your belief system when doing boundary work?

Identifying the negative beliefs that are keeping you stuck in "people-pleasing" is essential. Before you can learn HOW to set boundaries, you have to believe you have the right to set them.

How can people start creating boundaries in their own lives?

I created the PEC Method™: Pause, Evaluate, Communicate. This framework allows them to step out of their emotional brain and into their logical brain, make intentional decisions, and communicate them in a way that will strengthen their relationships.



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You Had Me At No

Testimonials



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"As a therapist, I see clients struggling with setting and maintaining healthy boundaries on a daily basis. Providing clear, actionable steps to assert ourselves, "You Had Me at No" is my new go-to client recommendation."

"First let me confess I am NOT a fan of reading at all. This has been one of the easiest reads I have attempted in a long time. I made it through over 100 pages before I knew it. I haven't finished a book in years. But this author has kept me engaged and learning about myself along the way. So for the first time in easily 10 years, I can say I'll definitely be reading this from cover to cover."

"Through relatable, personal stories and battle-tested strategies, this guidebook will help you unpack why these self-defeating tendencies are there in the first place and equip you with exercises, mindset shifts, and tools to address them. Essential work - highly recommend!"

"I found this book to be very enlightening and entertaining. I love how Sheryl Green infused her sense of humor in every chapter. Since reading the book, I have used some of the phrases to say No so that I can create those boundaries that were desperately needed in my life. I highly recommend this book to busy professionals looking for work/life balance."

"'You Had Me at No' is smart, witty, hilarious, and a meaningful read that is incredibly impactful for anyone looking to improve boundary setting in their lives. The author does a great job providing real-life examples with approachable tools to help work through obstacles while maintaining a light yet effective dialogue. I would recommend this book to anyone!"

"If you've struggled with people-pleasing for more years than you care to remember, 'You Had Me at No' needs to be at the top of your list for required reading. Sheryl Green's book offers advice born in the real world, along with laugh-out-loud examples. It's a real winner."



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How Setting Healthy Boundaries Helps
Banish Burnout, Repair Relationships,
and Save Your Sanity.

SHERYL GREEN



Sheryl Green

Burnout-Proof Work and Life Starts Here

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Bio

Sheryl has taken “people-pleasing” to Olympic levels. For decades, she put everyone else’s needs above her own... until she hit a metaphorical brick wall.

After committing to one-too-many responsibilities, Sheryl discovered the importance of boundaries... okay, she actually discovered that boundaries were even “a thing.”

Now she works with individuals and organizations who want to unleash the power of healthy boundaries, so they can improve relationships, communication, and well-being.

Suggested Interview Topics

- Personal and Professional Boundaries
- Workplace Culture
- Mental Health
- Employee Wellness
- Communication/Relationships
- Burnout and Resilience
- Authorship

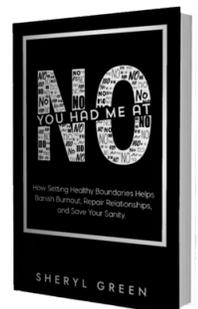
Suggested Interview Questions

- What was the defining moment in your life?
- What are boundaries?
- What happens when we have unhealthy boundaries?
- Why do people have such a hard time speaking up for themselves?
- How important is your belief system when doing boundary work?
- How can people start creating boundaries in their own lives?
- How do you communicate your boundaries to family, friends, coworkers, etc.?

Sheryl's Book

***You Had Me At No* is available on Amazon now!**

“As a therapist, I see clients struggling with setting and maintaining healthy boundaries on a daily basis. Providing clear, actionable steps to assert ourselves, “You Had Me at No” is my new go-to client recommendation”
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