



**Suggested Interview Questions/Topic Concepts
for social psychologist Susan Newman, PhD, author of
*The Book of NO: 365 Ways to Say It and Mean It—and Stop
People-Pleasing Forever***

1. Young children have no trouble saying no. Why do adults have such a problem?
2. Why are some people more prone to saying yes than others?
3. What are some signs that you're a "yes-person"?
4. What's so terrible about being a people-pleaser or having a yes-habit?
5. What are some initial pointers or basic steps to take for achieving a *No* mindset?
6. You have five sections in your book: With Friends, All in the Family, With Children—Park Your Guilt, At Work, and Really Difficult People. Do you need different approaches with different people?
7. You speak about how every family has a "Yes-Person." What do you mean?
8. Why do some people become Yes-Parents?
9. Why is *No* valuable for parents *and* how does it benefit children?
10. Who says no at work!? That seems impossible. How can someone say "no" to his or her boss and not get fired?
11. Why are strangers or salespeople often harder to refuse than close friends or family?

12. For those who struggle with saying “no,” what are some tips to keep them on track?

For more information about *The Book of No*, please visit:

<https://tinyurl.com/TheBookOfNo>

To request a copy or schedule an interview, contact:

Leslie Hinson, Marketing Director at Turner Publishing

marketing@turnerpublishing.com

615-255-2665 extension 104

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Or, contact **Dr. Newman** directly.

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Susan Newman, PhD's research and writing focus on parenting and family relationship issues. She is social psychologist, author of 15 books and a regular contributor to *Psychology Today* and *US News & World Report*. Her work has been featured in *The New York Times*, *USA Today*, *The Washington Post* as well as in numerous other national publications. She appears on major news outlets including CNN, NPR, Good Morning America, The Today Show, and CBS Sunday Morning to discuss breaking news, social trends and parenting concerns. Dr. Newman is a member of the American Psychological Association, the Authors Guild, and the American Society of Journalists and Authors. She is a Court-Appointed Special Advocate (CASA) for abused and neglected children. [Click here](#) for a more comprehensive bio.