



Power of No: Because One Little Word Can Bring Health, Abundance and Happiness

By James; Altucher, Claudia Azula Altucher

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Power of No: Because One Little Word Can Bring Health, Abundance and Happiness, James; Altucher, Claudia Azula Altucher, How many times have you heard yourself saying yes to the wrong things - overwhelming requests, bad relationships, time-consuming obligations? How often have you wished you could summon the power to turn them down? This lively, practical guide helps you take back that power - and shows that a well-placed 'No' can not only save you time and trouble, it can save your life. Drawing on their own stories as well as feedback from their readers and students, James Altucher and Claudia Azula Altucher clearly show that you have the right to say no: To anything that is hurting you. To standards that no longer serve you. To people who drain you of your creativity and expression. To beliefs that are not true to the real you. When you do, you'll be freed to say a truly powerful 'Yes' in your life - one that opens the door to opportunities, abundance and love. 'Filled with magic that can change your life.' Cheryl Richardson, author of The Art of Extreme Self-Care 'Your freedom may...



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Reviews

Absolutely among the finest book We have at any time read through. We have read through and that i am sure that i will going to read once more again later on. I found out this book from my i and dad suggested this book to find out.

-- **Alford McClure**

I actually started reading this article ebook. It is actually packed with knowledge and wisdom Its been printed in an remarkably simple way and it is only after i finished reading this pdf where in fact modified me, alter the way i believe.

-- **Prof. Uriel Witting**