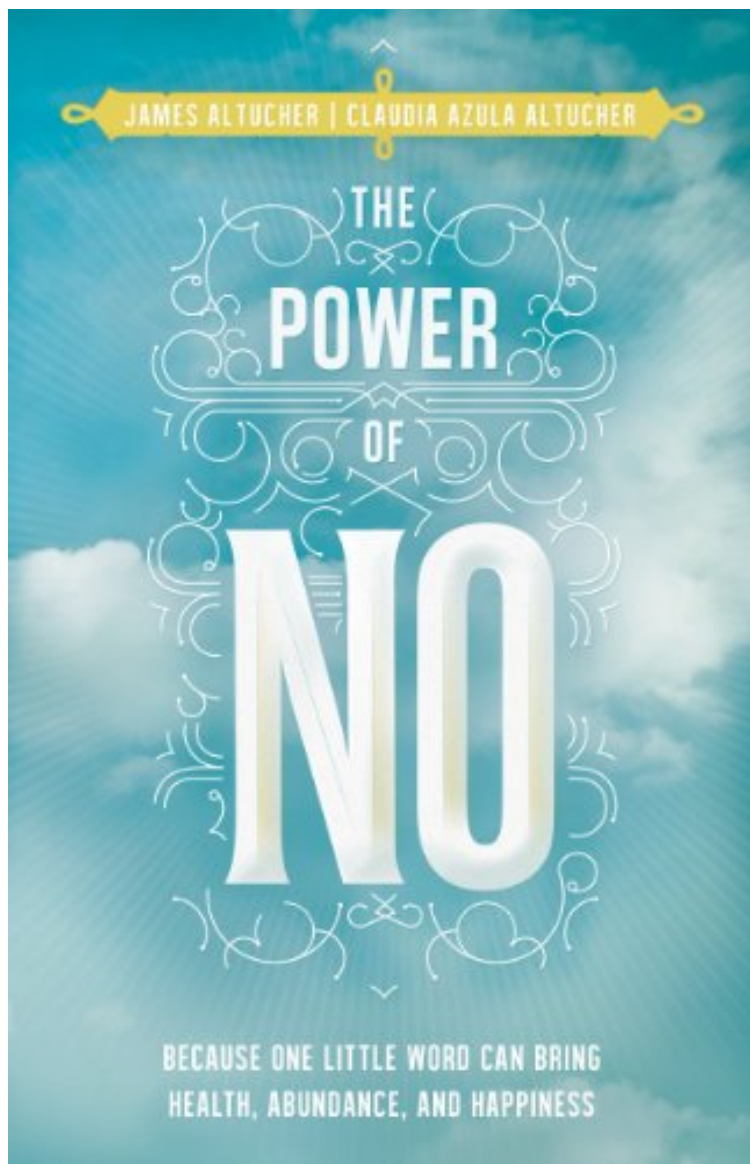


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The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness



Par James Altucher, Claudia Azula Altucher

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Prsentation de l'diteurNo is sometimes the hardest word to say. Its also the most necessary.How many times have you heard yourself saying yes to the wrong thingsoverwhelming 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 powerand 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. Its one thing to say no, the authors explain. Its another thing to have the Power of No. When you do, you will have a stronger sense of what is good for you and the people around you, and you will have a deeper understanding of who you are. And, ultimately, youll be freed to say a truly powerful Yes in your lifeone that opens the door to opportunities, abundance, and love.Prsentation de l'diteurNo is sometimes the hardest word to say. Its also the most necessary.How many times have you heard yourself saying yes to the wrong thingsoverwhelming 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 powerand 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. Its one thing to say no, the authors explain. Its another thing to have the Power of No. When you do, you will have a stronger sense of what is good for you and the people around you, and you will have a deeper understanding of who you are. And, ultimately, youll be freed to say a truly powerful Yes in your lifeone that opens the door to opportunities, abundance, and love.Biographie de l'auteurJames Altucher is a successful entrepreneur, chess master, spiritual teacher and writer. His blog, The Altucher Confidential, has attracted more than 15 million readers since its launch in 2010. He is the author of eleven books, including the motivational bestseller Choose Yourself and I Was Blind but Now I See. www.jamesaltucher.com. Claudia Azula Altucher is an author and a teacher of yoga, meditation and philosophy. She authored 21 Things to Know Before Starting an Ashtanga Yoga Practice, and she often gives talks or retreats on yoga and meditation. www.ClaudiaYoga.com or on Twitter at @ClaudiaYoga.