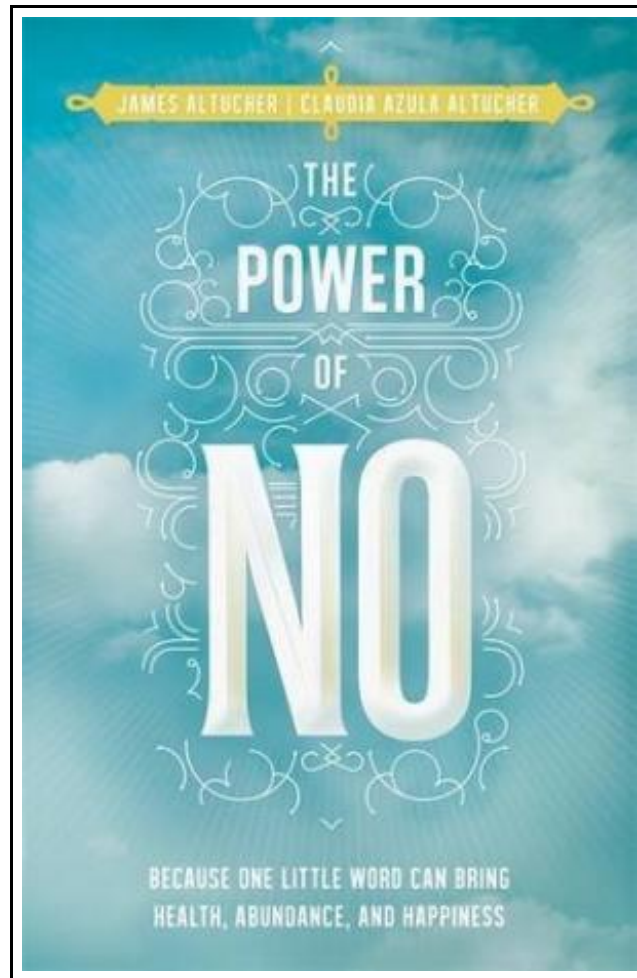


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THE POWER OF NO: BECAUSE ONE LITTLE WORD CAN BRING HEALTH, ABUNDANCE AND HAPPINESS

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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Power of No: Because One Little Word Can Bring Health, Abundance and Happiness, James Altucher, Claudia Azula Altucher, Over the past three years James Altucher and Claudia Azula Altucher have answered tens of thousands of questions in their writings, retreats, talks and online seminars. The questions cover the entire spectrum of life but the underlying answer was one little word: No. No is not only a solution; it is a path for people to heal and bring abundance and happiness into their lives. Every time you say yes to something you don't want to do you can experience a spate of negative outcomes: resenting people, doing poor quality work, having less energy for the things you actually love, making less money and so on. But the worst part is that yet another small percentage of your life is used up by something you don't want. We need the power of no so we can set proper boundaries around the things that hurt us directly. And in the larger picture, we need the power of no to understand what we truly believe in, rather than the stories we take at face value because we've been conditioned to think them as the truth. With the power of no we can refocus our energies toward living an abundant, healthy and wealthy life. We can realize that there is nothing to prove, there is nobody to impress, there is no cage around us. Such is the power of saying no to our misconceptions.



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