



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

*James Altucher, Claudia Azula Altucher*

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“No” is sometimes the hardest word to say. It’s also the most necessary.

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.

It’s one thing to say no, the authors explain. It’s 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, you’ll be freed to say a truly powerful “Yes” in your life—one that opens the door to opportunities, abundance, and love.

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