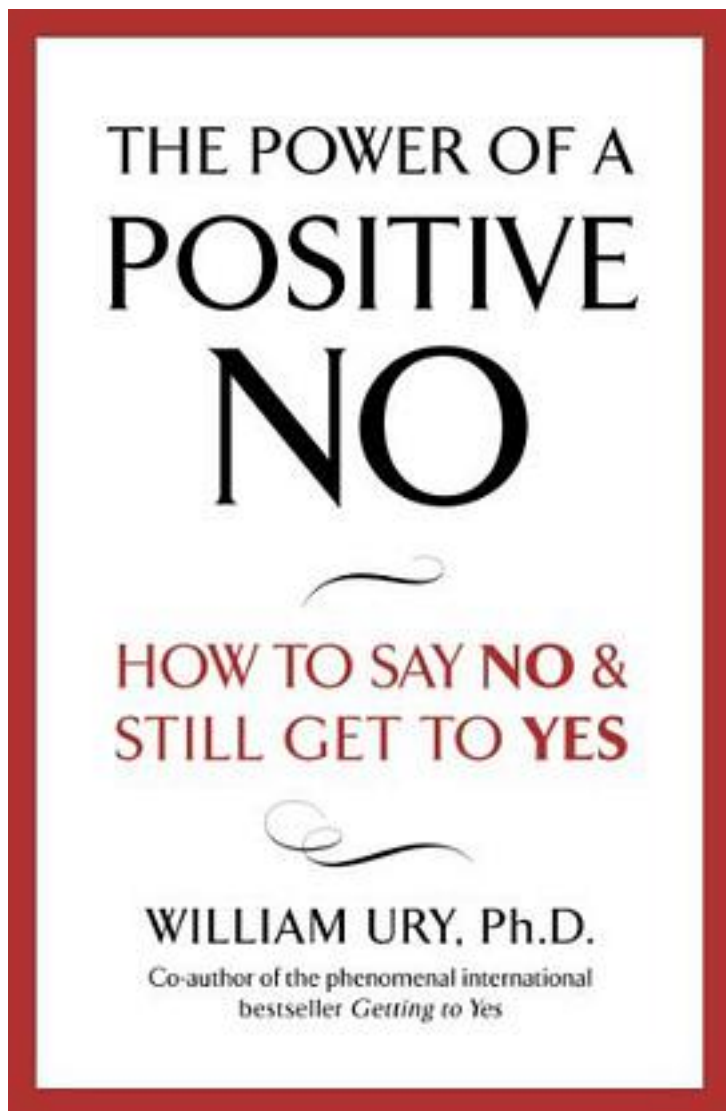


The Power of a Positive No



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No is perhaps the most important and certainly the most powerful word in the language. Every day we find ourselves in situations where we need to say No. But as we all know, the wrong No can also destroy what we most value by alienating and angering people. That's why saying No the right way is crucial. The secret to saying No without destroying relationships lies in the art of the Positive No, a proven technique that anyone can learn.

The Power of a Positive No offers concrete advice and practical examples for saying No in virtually any situation. A Positive No has the power to profoundly transform our lives by enabling us to say Yes to what counts—our own needs, values, and priorities. Understood this way, No is the new Yes. And the Positive No may be the most valuable life skill you'll ever learn!

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