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# No!: How One Simple Word Can Transform Your Life

*Jana Kemp*

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# No!: How One Simple Word Can Transform Your Life

*Jana Kemp*

**No!: How One Simple Word Can Transform Your Life** Jana Kemp
If you're afraid that saying "no" will cause a backlash with friends, family, or colleagues, you'll be pleasantly surprised to learn that "no" can be a productive answer, and can put you in control of any situation - without turning you into a meanie. No! turns the word into a tool for personal power, and gives you new ways to help discussions and decisions move forward. This enlightening guide reveals how "no" can help you protect your time, money, family, and more. And it demonstrates that "no" is a legitimate word that doesn't always need to be negotiated to "yes".

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