



El poder del NO: Porque una pequeña palabra puede brindarte salud, abundancia y felicidad

James Altucher

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¿Cuántas veces te has sorprendido diciendo que sí a las cosas incorrectas (peticiones que te desbordan, relaciones terribles, obligaciones que consumen tiempo)? ¿Qué tan seguido has deseado el poder para rechazarlas? Esta guía práctica y llena de vida te ayuda a recuperar ese poder y demuestra que un NO bien dicho puede no sólo ahorrarte tiempo y problemas; también puede salvar tu vida.

Usando su propia historia, así como retroalimentación de sus lectores y alumnos, James Altucher y Claudia Azula Altucher muestran claramente que tienes el derecho a decir NO a cualquier cosa que te daña, a estándares que ya no te sirven, a personas que te quitan creatividad y autoexpresión, a creencias que no van con tu yo verdadero.

Cuando lo hagas, estarás liberado para dar un poderoso SÍ a tu vida, que abra la puerta a la abundancia, las oportunidades y el amor.

El poder del NO: Porque una pequeña palabra puede brindarte salud, abundancia y felicidad Details

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From Reader Review El poder del NO: Porque una pequeña palabra puede brindarte salud, abundancia y felicidad for online ebook

Avatar says

Notes by Derek Sivers:

Quite scattered book, but inside the mess was a nice reminder of the importance of saying no to anything that doesn't serve you well.

Highlights:

Decide who in your life drains you of energy, and then purge them so you can soar.

The best way to negotiate is to take the time and space to determine what is best for you. You succeed by saying yes only when you are ready and the conditions are right.

In removing yourself temporarily from the situation, you reduce the supply of yourself. In basic economics, value is a function of supply and demand. When supply goes down, value goes up.

To stop negative chatter: Imagine someone you love. Imagine what you would say to him or her. Now say it to yourself.

I wrote down ideas every day for articles I could write and businesses I could start.

If you don't exercise the idea muscle, it atrophies just like any other muscle. And it atrophies quickly. You must work the idea muscle every day to turn into an idea machine.

Being clear about which relationships and which people we let into our lives is the key to access our creative forces.

Filtering the people we allow into our lives is probably the most important factor in determining whether we will live a happy life or not.

The primary people in your life: Rate on a scale of 1 to 10 how you feel after your interactions with that person, 10 being the best. Anyone lower than an 8, begin to pull back from. Lower than a 5, stay a little farther away from. It doesn't mean you cut people off completely if they rate low on your list. This is a dimmer switch, not an on-and-off switch.

Nobody had been on that date that night. As far as I could see, two bodies were out and about in Orlando, but no souls. Gary and Lisa were not there; rather, it was two sets of rules playing against each other, two books filled with instructions, pick-up lines, controlling strategies, and a ten-step guide. I had never been present on a date either. I had never met a man without having an agenda.

Women will also tell you who they are in this way. Actions, words, being on time or not, playing games or not, all of these details reveal us. People who are disrespectful or manipulative early on are likely to continue the pattern. Take them at face value.

Whenever I feel abused or disrespected, I go into a cycle of thinking that is difficult to stop. You think again about the person, whisper in your head somewhat louder, “No.” And then louder. And then actually whisper it aloud. You will eventually stop thinking about that person.

Jealousy is the road map to the place where I feel unloved.

“Think of your life as a train station,” I said. “You are on the platform and you see a train approaching. You really want this train to be your train. You like the way it shines and how it seems so cool and strong - you are convinced it is the one that will take you home. And so you start making signals to it, and then you even start jumping up and down close to the tracks. “But this train is not meant to stop here. The conductor of the train is confused. She starts to slow down and wonders what you are doing. She is nervous. “Sensing that the train is not stopping, you jump onto the tracks, to the horror of all the people around you, and make even bigger arm signals while you jump up and down. By now the horrified conductor is calling the police and pressing all sorts of red buttons. Emergency vehicles are arriving on the scene. Everything is coming to a halt. “Meanwhile, the train that is meant for you, the one that is your train by divine design, is right behind this one. Only you cannot see this because you are too busy causing unnecessary drama. “Your train is waiting somewhere, feeling lonely, unable to pull into your station. The conductor of the train that is meant for you wonders what may be causing the delays. She longs to arrive home, and all the while it is you who is causing the traffic jam, because you just can’t stop jumping up and down.” To say no to self-sabotage, get out of the train tracks and accept the flow of life. Let the train continue, wish it well as it leaves, and trust that yours is coming.

The next time someone has an opinion you strongly disagree with, try this: Don’t argue; it’s pointless. You will never change their mind. Let them state their opinion. Try to learn one thing from it. Try to respect one angle of their point of view. Everyone just wants to be heard. Listen.

Don’t do anything you don’t want to do. When you agree to do something you don’t want to do, you will resent the person who asked you to do it.

There is a psychological law that says we all tend to follow our own ways of thinking without changing because we want to appear “consistent.”

You have to domesticate your brain the way you domesticate a dog.

The useful/not useful technique: With each thought that comes up, label it either useful or not useful.

Saying no to others means first saying no to your brain - to the anxieties and the regrets and the not-useful thoughts.

Attempt one week of living without any complaints whatsoever.

There are “rules” to follow if you want the girl or the guy to like you and love you. What happens when she finds the real you is another story. By that time there might not be a real you anyway.

Between black and white there is a beautiful spectrum. Not of grays but of all the colors of the universe.

Everywhere you go there are rules and there are gatekeepers of those rules: total strangers whose job it is to prevent you from doing something you want to do. Showing compassion toward those gatekeepers will allow those gates to magically swing open more often than you can possibly hope to expect otherwise. Why? Because the gatekeepers are not used to receiving a sudden onslaught of compassion or genuine love.

Ask yourself, What do I really need to understand? And be quiet. Listen for the answers.

How do you recognize an abusive person? These are some of the most common ways:

- a) They try to make you feel guilty.
- b) They try to make you angry.
- c) They try to make you afraid.
- d) They try to make you feel wrong.
- e) They try to make themselves the victim.

How do I feel about myself when I am around this person? Do I feel good about myself? If the answer is no, you know you need to move away from the person.

Many people say, "Live life like it's your last day." It's everyone else you need to think about. Treat everyone else as if it's their last day. Try to help them be less stressed. Try to fulfill their dreams for the day. You don't talk badly about someone about to die. Really listen to them. Learn from them.

Honesty to a point. I will never harm anyone.

Whoever needs to manipulate is actually in the weaker position.

Everything you say might seem to them like a suicide note, when I first started revealing the most intimate issues of my life.

Notice those things that you tend to passionately dislike in others. These traits live in you, too. They are the part that you'd rather not look at. Ask the question, "Where am I like this?" To keep living in scarcity is to reject the next phase in our evolution.

Clichés exist for a reason: they contain the seeds of truth.

Write a things-I-did list at the end of the day.

The people who use luck as an accusation who will never have it.

Luck is something that is earned, and once you have earned it, you will always know how to get it back. You will say no to the people who try to bring you down, who try to use their own bad luck to control you

Luck equals (1) diversification plus (2) persistence. Diversification means coming up with a thousand ideas and implementing the 1 or 2 percent that seem reasonable. Persistence is a sentence filled with failures punctuated by the occasional success.

When you are speaking with other people, silences are good. Pauses mean love. Rushing our words means fear. It shows our inability to pay attention, that we don't want to let anything in, we must fill in the silences, and we think we know better.

Lead lives that teach by example, that show instead of tell.

Sit. For one hour. All at once. Every day. Be silent, and let your thoughts go.

Silence works. Nobody can teach anyone how to do this.

Be careful that your definition of minimalism doesn't border on a sort of material anorexia, where you deny yourself the small celebrations that life wants you to have.

Silence is the sign of a professional. You know not to ask a professional what he's working on. What he's

seen.

The less supply you give of your words and wisdom, the greater value that wisdom will have.

The less you talk, the more the brain conserves its energy for when words are important.

Before, during, and after you think, say, or do anything, determine if it will harm someone.

To practice positive thinking on legitimately bad situations will only make you more stuck.

When you go on a long trip, you see the road in front of you. You trust that if you stay on that road, you will get to where you need to be. You don't try to see the end of the road. You surrender to the fact that the road knows better than you what is at the end of it.

Outsource 90 percent of mentorship to books.

Time it takes to reinvent yourself: five years. Here's a description of the five years:

Year One: You're flailing and reading everything and just starting to do.

Year Two: You know who you need to talk to and network with. You're doing every day. You finally know what the Monopoly board looks like in your new endeavors.

Year Three: You're good enough to start making money. It might not be a living yet.

Year Four: You're making a good living, and you can quit your day job.

Year Five: You're making wealth.

When people say, "It's not about the money," they should make sure they have a different measuring stick.

Take your favorite story by your favorite author and type it word for word. Ask yourself why he wrote each word. He's your mentor today.

If you want to start a business, write all the specs and details of the idea for your business.

How do I know what I should do? Whatever area you feel like reading 500 books about.

Use your spare time to reinvent. Reinvention is collecting little bits and pieces of time and carving them the way you want them to be.

Say no to the superfluous distractions because you must find some time for you.

After books, you can read websites, forums, magazines. But most of that is garbage. Start with 500 books.

Sleep is the number-one key to successful health.

Remember the last day of school, there was this massive feeling of "Who cares?" because there was nothing left to care about. No exams, no assignments, no boring classes. Death. It's like the last day of school all over again.

Cloris Kylie says

Have you ever found the message in a book so compelling that you want to reread it immediately after you

finish it?

That's what happened to me when I read "The Power of No" by James and Claudia Altucher.

"Saying no" usually makes us think of what we don't want in life. However, saying no to toxic environments and people also means saying yes to the abundance that is our birthright.

There are seven facets of "No" explored in this book:

The NO that chooses life

Sometimes we adopt behaviors and attitudes that threaten our physical wellbeing and can even shorten our lifespan.

James Altucher shares a daily practice that helped him overcome a depression so severe that he considered suicide. This practice was simple but powerful: He met the needs of his body and stayed away from negativity (from internal and external sources).

"Every time I've lost money and love, it's because I squandered my physical, emotional, mental, and spiritual health," James writes. "Now, every day without fail, I do the Daily Practice to exercise the basic muscles of a healthy life. And it's worked. I hope. I pray I don't squander it again."

What harmful habit will you quit?

The NO that brings true love, creativity, and abundance

Many of us spend a big chunk of our days with people who aren't good for us. We suffer and hope they change, or think that something is wrong with us. Let's say no to these people and associate with those who uplift us and bring out the best in us.

My favorite exercise in this chapter includes listing the people we engage with more than five times a week. Then, we rate on a scale of 1 to 10 how we feel after our interactions with each person, 10 being the best.

Lower than an 8? That's when we know we need to pull back from the person.

Who will you choose to spend your time with?

The NO to phony storytelling

This is about rejecting mind programs that limit our happiness.

These programs may come from the rules of society or from our upbringing. But no matter the source, saying no to what isn't true to us will allow us to say yes to freedom.

As the authors say, "The Power of No is the power of discernment. With spiritual skepticism we develop the discernment to know which rules to say yes to, which rules to say no to, and which rules need to be completely rewritten to save the universe."

What external expectation or rule will you eliminate from your life?

The NO to the angers of the past

This is a higher level of "No," where we move into self-actualization. Saying no to the angers of the past means breaking from emotions that anchor us to the way things were, the way we used to be, the way we think life should be, and the way others mistreated us.

The authors recommend noticing the things we tend to passionately dislike in others to get in touch with our real selves. Why? Because these traits might live in us too.

For me, the key is to develop self-awareness.

What grudge will you choose to let go?

The NO to scarcity

Here we learn to shift our perception from lack to abundance. The process starts by paying attention to the blessings that already exist in our life.

If we continue focusing on what we don't have, how can we feel abundant?

If we don't feel abundant, we won't see the opportunities right before our eyes.

What will you choose to appreciate today?

The NO to noise

Saying no to noise isn't just about being in silence or meditating. It's about saying no to news that scares us, gossip, and thoughts of worry, regret, or anger.

How do we do this? By changing the conversation.

In my case, I don't invest my time watching shows or reading stories about how awful the world is. I shut down the negative noise. As a result, most of the time I live in a welcoming (not a hostile) world.

What toxic noise will you eliminate?

The NO to “me”

This means surrendering. Surrendering to whom? To the higher part of us; the part that is ready to say no. When you say no to your ego, you say yes to you.

What part of your false self needs to go? How will you allow your true self to come through today?

The message is clear: it's time to say no to sickness, negative environments, low-energy emotions, abuse, and scarcity.

It's time to say yes to you.

For more inspiring articles, podcasts, and other resources for success and fulfillment, visit my website www.cloriskylie.com.

Click here to request priority access to articles like this, podcasts, and many more resources to help you succeed!

FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

Andy Nieradko says

There is an admirable level of honesty the authors bring to this book. I would highly recommend it to anyone who is suffering from depression or high levels of stress. A caregiver type of person, who is always taking on more and more responsibility without taking care of themselves would also greatly benefit from reading *The Power of No*. Besides the lessons from author's personal experience, this book offers many powerful insights and several helpful tools for quieting the mind and getting to what is really important to you and your goals in life. Ultimately *The Power of No*, is not really about the things you say "no" to, but rather about defining what you're allowing and giving up trying to control (and obsess over) the things that are out of your control. *The Power of No* is a great read, and I take offense to the amazon reviewers who gave it a negative review without bothering to read the whole book. I was given a free review copy of this book by Hay House Publishing, I was not financially compensated in any way, and the opinions expressed herein are my own personal opinions which I reached after reading the entire book, like a responsible reviewer.

eb says

INSANE, in an amusing and bizarre way! The husband gives us reheated Chopra and Tolle and presents exercises for the reader ("write down 10 new ideas a day. Sound too hard? Write down 20"). The wife chimes in with tales from the meditation cushion and anecdotes about jerky ex-boyfriends. You get the impression they're in their own little cult of two and are so happy about it. They might be right about everything, but I don't trust anything they say because of their general zaniness (not to mention the bottom-

of-the-barrel typeface and layout). Pretty sure the whole package, from manuscript to galleys, took about three months to put together.

Ryan Dejonghe says

Boy, was I mistaken! I started THE POWER OF NO expecting ESEENTIALISM-lite. You know, nice message, but without the collective power of heavy corporate sponsorship. When I started reading it, I thought it was weird..a bit odd. It didn't jive with everything else I've been reading. And then I thought of that quote by Haruki Murakami, "If you only read the books that everyone else is reading, you can only think what everyone else is thinking."

The more I read this, the more I loved it. This may be one of the best books I've read this year (I've read over 120 so far). Leading up to this review, I've been quoting some of my favorite lines on Twitter. It's a shame about the limited space, otherwise I'd be quoting huge chunks out of the book. Here are some quotes I've shared:

"The brain is scared of reinvention because it might be not be safe."
"Don't waste your free thoughts on the other slaves with their Rolex shackles."
"If we have crappy people around, we have a crappy life."

These quotes out of context may sound odd; you may get more meaning out of the authors' slideshow on their site: <http://www.slideshare.net/JamesAltuch...>

One of the more profound quotes that touched me personally came through a story about CATCH-22 author Joseph Heller, who was at a New York gathering of rich hedge-fund managers (even more poignant for me after reading THE BUY SIDE and RICH KIDS OF ISTAGRAM). Someone told Heller to look around and see the people that would make more money doing what they do versus Heller. In response, Heller said he has something they do not. When asked, his answer was, "I have enough."

Another powerful moment came from Claudia sharing her meditative experiences throughout the world; one such was an event with Thich Nhat Hanh, where a sign displayed, "no mud, no lotus". Sometimes the biggest hurt will produce the most beautiful results.

As alluded to before, this is more than other books that dive into "doing less to achieve more". As the authors say, "It's one thing to say no. It's another thing to have the Power of No." A lot of this is touchy-feely without any references or footnotes; much of it is about the authors' personal lives, including dating, loss of self, and loss of loved ones. It threw me off. The authors would theorize something like, "Okay, maybe eat some vegetables. Or, better yet, drink your vegetables." Or, "Never watch the news, on TV or on the Internet." Some of it is a bit off from what we read in the other popular books, but again I reference that Murakami quote. If you stick it out, you'll find inspiration which you've not been exposed to before.

One of the key things mentioned throughout this book is to reinvent yourself every day. Like the co-founder

of Twitter Biz Stone mentioned in his book THINGS A LITTLE BIRD TOLD ME, "Creativity is a renewable resource. Challenge yourself every day. Be as creative as you like, as often as you want, because you can never run out. Experience and curiosity drive us to make unexpected, offbeat connections. It is these nonlinear steps that often lead to the greatest work."

The authors really hit their stride at the end of the book with a mock Q&A section. They asked, "What if I can't sit in silence for an hour a day?" They answered, "Sit for two hours a day." They asked, "I can't read 500 books. What one book should I read for inspiration?" They answered, "Give up." They asked, "What if I'm going to jail?" They answered, "Perfect...you'll read a lot of books in jail."

Thanks to Hay House for providing this book electronically for me to review. I'm adding it to my Goodreads's favorite list.

Dawn says

"The Power of No" is a must read. It makes "no" a positive word, because it frees us up to make room for "yes." "No" is one of the shortest words in the English language, but we don't use it enough. We get overworked, tired, resentful. This book shows us just how and when to say, "no."

James and Claudia Altucher show how the "seven types of no" lead to positive things in our lives--we must use them more often. My major takeaways: 1. Say "no" more often 2. Saying "no" is a risk but it reaps a bigger reward. 3. Ask for help. James and Claudia say "help" is the second most powerful word in the English language.

I loved this book. There are activities, reflection questions, and exercises I'll do over and over again. This was one of those books that resonated personally--I felt like James and Claudia wrote this just for me. It will be a help in my personal and professional life--I will say "no" and "help" more often, and I will recognize the signs when I am not. This book is essential reading for parents, teachers, or people who overdo for others but wish they could cut back a little. As someone who falls into all three categories, I needed this book, and am grateful.

Rich Christiansen says

Not at all what I was expecting. Essentially just a couple chatting about their thoughts; not really a well-thought out presentation. The female voice is difficult to understand at times in the audiobook.

Aizel (One Page at a Time) Macaldo says

No. A two-letter word that can make or break who you are. A two-letter word that will lead to a happier YES.

In The Power of No, James and Claudia teach us, readers, how to connect with our true selves by saying NO

to the things that may cause harm. The book teaches or reminds us that we are our own person. And no one is to dictate us what we should or should not, could or could not do. This is indeed a great book, especially for those who are trying to reach or know their true identity, for those who have been neglecting their own health, and for those who are seeking "inner" peace (ala Kung Fu Panda.. Haha!).

Please visit: Moments in Life for a full review. :)

Sarah Jimenez says

I've always been a bit of a pushover. Often I'd find myself agreeing to things I didn't want to do, didn't have time to do, or because I was afraid the person who was asking for the favor would not like me if I said no. I've changed in many ways and I am much more confident and okay with telling people no, yet, sometimes I feel I still struggle with this.

I was excited to read *The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness* by James Altucher and his wife, Claudia Azula Altucher. I am always looking for ways to change and shape myself for the better.

Unfortunately I was a bit disappointed with this book. While I can see how it can be a helpful book, perhaps its audience is those who are at a very different point in their life than me.

The book is told in a conversational format with certain chapters and sections switching between John and Claudia. It's a mix of personal stories, general advice, and what has worked for them. Along with this are exercises at the end of most of the chapters.

While I've always approached books that are "self-help" in general with the attitude of taking what worked for me and leaving the rest, I found myself leaving..quite a bit of the book behind. It was unfortunate that this book did not resonate with me as it has with so other people. Perhaps I am just at a different point in my life where I don't need a book such as this one to guide me.

I believe their personal stories that comprise much of the book could be good anecdotal advice and I do think that if you were extremely shy, not confident, or just extremely afraid of life this book could be a good starting point if you need outside validation that it is in fact okay to say "no" to things that drain your life.

FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

KatieDMD says

So this was an impulse buy because of an interview James Altucher did with Tim Ferriss on Ferriss' podcast. I admit it, I am a sucker for subtle marketing and commercialism. The interview was very interesting (check it out!) and Altucher came across as down to earth, realistic and pretty forward thinking. I was very surprised to see the opposite personality in his book, *The Power of No*.

It is 240 pages of kind of common sense (exercise regularly, eat foods that nourish your body, get lots of sleep, cut people who are cankers out of your life), wrapped up in hippy language and spiritualism, unrealistic demands on your time (oh, you don't have time for 1 hour of meditation? Go do TWO hours of

meditation!) and untested exercises at the end of every chapter.

I can honestly say that I completed the book because I was looking for some level or piece of revolutionary knowledge, or a realistic and interesting way of managing time/energy/relationships. I don't know, something like "clear out your email inbox to 0 every single day and check it only once per day so you can clear your mind and meditate."

The most relevant and interesting part of the book was the lifestyle rule of not gossiping. While I continue that odious practice to this day, I now pause, stop to think about why I am doing it and to whose benefit it is, and do it less. That's a plus, I think.

Gabura Lumini? a says

I only read the book because I didn't have anything else with me and I had to wait for about 3 hours in the airport. Maybe because I had big expectations about this book and because I have previously read a considerable number of motivational books and self development books, this one have not left me any new idea. A very pessimistic start and so is the end of the book. I wouldn't recommend it, it is a waste of time.

Marisa says

Not bad, certainly had some motivational elements to it. I think I preferred the curtness of James more so than Claudia, who at times I found a little too airy-fairy for my liking. Raises some good ideas to put into practise for life management though. I would recommend, but probably with a small precursor of it being a tad icky at times as well as reiterating some blindingly obvious life points which may seem patronising to some.

Steven Woloszyk - (Wa-LUSH-ick) says

We see a tip of the cap to Eckhart Tolle and his best selling book, The Power of Now, right in this book's title. So, it's no surprise to find references to his Holiness, the Dalai Lama, Buddha, Thich Nhat Hahn, being "still," meditation, etc.

The book starts with a NO Bill of Rights. Here we find 11 rights such as, our right to take OUR time, the right to healthy relationships and real love, the right to have an abundant and fulfilled life, etc.

Next, our authors, James and his wife Claudia, alternate back and forth, providing stories of the power of the word NO.

We start with some of the more obvious things where we should say NO. We should say NO to negative chatter, gossip, toxic people, etc.

As we progress through the book, we get into a bit more of the new age kind of thinking such as how saying NO to certain things helps with "mindset, abundance, gratitude, vibration" and all the familiar terms bandied about in the personal development space.

Some chapters offer practice exercises at the end. One that I found of value was Claudia's tips for "being still." I continue to practice meditation, but my mind races like the Energizer Bunny, so I'm still a work in progress. Claudia offers a couple of new suggestions that I'll likely give a whirl.

This is a simple book and you might have 2-3 hours in total to get front to back. It's extremely helpful information but most of it I've come across from prior reading. I desperately could have used the insight on the power of saying NO about 10 years ago, but seeing as this was only written in 2014, that was impossible!

Amazon gives this one 4.5 stars after 280 reviews. Goodreads is less generous with 3.55 stars after 952 ratings and 88 reviews.

This is my first Altucher experience and I read that Choose Yourself is a good one from James. I really enjoyed this one, especially the authenticity of authors, their willingness to share their vulnerabilities, and some of their darker days.

I give it 4 stars and I highly recommend it for anyone who needs to learn to say NO!

#FridaysFind #MIAGD #ThePowerOfNO #Altucher

Ross says

James wrote this book this his wife Claudia. There was much down-to-earth sage advice from James as usual - some of it better than others, but enough golden paragraphs here and there to make it all worth it. His wife, on the the other hand, is too abstract for my liking. I accept that it works for some people, but I'm mentally allergic to Deepak Chopra-style language and thought. I found myself painfully rushing through Claudia's parts of the book to get them over with. Towards the second half of the book, even James started to get a touch metaphysical, which was a shame. Overall, his previous book (Choose Yourself), was much better in my opinion.

Doug Kerwin says

For me there was no huge alignment on the theme of the book as in saying no to things, but I came to really admire James as an author and a person. While there was little new material in this book for me, it is often useful to hear the same stuff again from a little different angle and James delivers an entertaining performance.

I love his suggestion to read 500 books as a cornerstone to re-inventing yourself. I bet there's a fair amount of overlap between the books we've read.

Another stand out was his suggestion to "flex your idea muscle" by writing down 10 business ideas a day. I decided to try incorporating this into my daily routine.

"Let them finish their sentences" - James talks about the inverse of the "what would you do if today were your last day to live" scenario, meaning what would you do to others if it were their last day to live. One of the things he says to do is be patient with them and let them finish their sentences (even if you're light years ahead of them). This is something I've certainly struggled with, both in professional and personal circles. The thought of it being that person's last day to live; if you can do them no more good than to show them enough

love and respect to let them finish their sentences. I made a commitment do re-double my efforts in this area.
