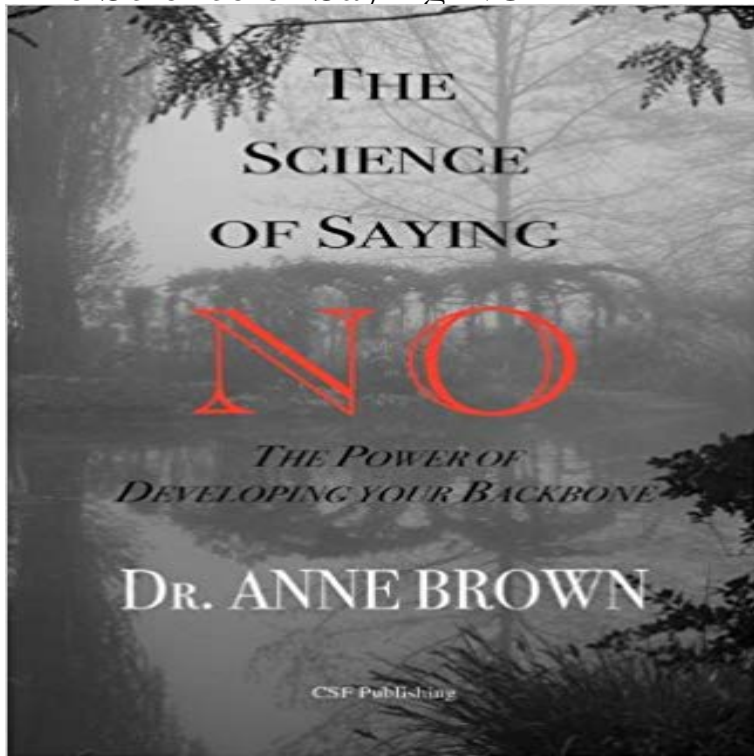


## The Science of Saying NO



ABOUT THE BOOK: As you read this empowering book that Dr. Brown has so passionately written, it is obvious that we can no longer pretend that people-pleasers and addiction doesn't exist; it is prevalent. Most if not all of us know at least one individual who is suffering from an addiction, victimhood, or martyrdom. It touches all of our lives in some way. Reality is, it won't go away without taking necessary action and standing up to those who are masters at sabotaging your own growth. The Science of Saying No brings insight into waking up, making the decision to set an intention, and accept the challenge of learning to say NO, which means YES for you. As you begin practicing your own self-care and gaining inner peace, you will come to the realization that you are the priority. Developing a backbone takes awareness, courage, and inner strength. It is a process. Dr. Brown takes you step by step through this journey. You courageously explore and embrace these steps that take you to your own expansion and growth. Consider how you would feel once you develop and use your backbone to gain the honor and respect you desire and are worthy of. Yes, you will be tested. That is part of the challenge. However, working through this journey brings you to the other side where self-respect and empowerment exist, and you won't be disappointed. Journey with Dr. Brown and allow yourself to be open to your own inner guidance and intuition and use the power of your wise self that has been yours all along. As a practicing therapist for the last twenty-five years, she gives you many tools and exercises to apply along your way. Now it's up to you to give yourself permission to expand your soul's reach and thrive. By healing yourself, you are healing the world, step-by-step, moment-by-moment.

ABOUT THE AUTHOR: Anne Brown PhD, RNCS, is a psychotherapist, in Private Practice in

Aspen, Colorado. For over twenty years she has served as the trusted advocate and advisor to Influential Corporate leaders, Trial Attorneys, Athletes, Leaders, Physicians and their families, many whose connections extend well beyond the town of Aspen. Dr. Browns nursing and psychosocial education afford her the unique ability to assess and intervene with her clients medical and emotional concerns.

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