

James and Claudia Altucher, husband and wife, wrote the self-help book *The Power of No* in a joint effort. Their goal: to show the listener how saying no to the things, people, and events that do not have positive effects on their lives will make it possible for them to say yes to lives of abundance. They do this by telling plenty of stories from their own lives, during which they did not say no and had to suffer the consequences. The structure of the summary will follow the structure of the book. A discussion of what a listener can gain from listening to the book and a short look at the book's weaknesses and strengths will follow the summary of *The Power of No*. The summary will not retell the personal stories that are strewn throughout the whole book, as they in general do not add value to the actual content. There are some exercises within the book - the summary will briefly outline them and their purposes.

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