



## Saying NO!: Reclaim your life!

*Robin Christiaan*

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# Saying NO!: Reclaim your life!

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## **Saying NO!: Reclaim your life!** Robin Christiaan

Robin has struggled saying 'no' most of his life. We learn early on in our life that NO is a bad thing and we all have a resistance to saying it to ourselves and to others. Nobody likes rejection or rejecting others so in an aim to keep people happy, we start saying yes to the agendas and requests of others. This takes up our time, fills our diaries and depletes our energy.

We need to acknowledge that when we say yes to something, we are saying no to something else. What is it that will suffer as a result? All too often we get a request for our time, work or attendance and we know we don't want to commit, but for some reason, we still end up saying yes and kicking ourselves for this. Why do we do this?

In this book, Robin aims to show you how to reclaim your life by learning to say this two letter word. He offers ideas, questions, tips, tricks and even diplomatic ways to respond to keep people happy. He hopes you reclaim your time and your future by learning this.

About the Author: Robin has been working in the service industry his whole career. He is a strong believer in simplicity and the 'less is more' philosophy. He has designed his books to be easy to read and packed with valuable knowledge, not just content to fill pages. This leaves his books short and powerful. With a love of self-improvement and motivational books, he read his first one when just 10 years old. Designed for kids, the book taught him some key concepts that he tried out in his life and ended up winning the athletics champion boy 3 years in a row in his school. This was from the use of an affirmation " if I can see it, I can be it " and "if it's meant to be, it's up to me" These thoughts had a profound impact on his mindset and fuelled his desire for improvement in every area of his life. This has led him to a busy career and accomplishing many of his life goals with the remaining ones currently on track. Robin shares his love, advice, wisdom gained through experience and knowledge in his many books and has a heartfelt wish that all who read his books benefit from the information like he has. As a strong believer in equality for all living beings, Robin donates a portion of his income to assist both animal welfare charities and Oxfam to assist those less fortunate.

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