



Say Yes To No: Using The Power Of No To Create The Best In Life, Work, and Love

Greg Cootsona

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Greg Cootsona puts a spiritual spin on the classic business strategy for setting priorities in this valuable guide to finding personal fulfillment in an increasingly frantic world. At age thirty-eight, Cootsona, a physically fit minister busy with his growing congregation and his young family, had a scare with heart trouble. The unexpected and frightening news proved providential. Cootsona realized that he was juggling too many roles, saying yes to too many commitments.

In SAY YES TO NO, Cootsona blends personal experiences and deep reflection to show why learning to say no can transform our lives. He describes the choices he made as he set the priorities in his own life, and encourages readers to look within their hearts and focus on the values and the goals that promise them their greatest rewards. Filled with sound advice and profound insights, SAY YES TO NO provides a path to achieving physical, professional, emotional, and spiritual well-being that will appeal to Christian and mainstream audiences alike.

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