
STOP AVOIDING PEOPLE, CONVERSATIONS, AND SITUATIONS AND REGAIN YOUR INNER PEACE!

Author, Inspirational Speaker, Life and Writing Coach, and Host of Life Chats Radio Show & Podcast, Meochia Nochi Thompson wants to help you reclaim your no with **The No Journal: 90-Days of Saying No to Mess and Stress and Yes to Your Success!**

- **Do you have a hard time saying no?**
- **Do you find yourself overcommitted and underappreciated?**
- **Are you feeling like you always get stuck to deal with people's problems while they go on with their lives?**
- **Does family, work, school, ministry, and other relationships have your stomach in knots because you don't know how to turn them down?**

If you said yes to any of the questions above, The No Journal is for you! It's filled with wisdom, confirmation, affirmations, prayers, and scriptures for strength and encouragement!



To learn more about Meochia Thompson, visit meochia.com or write to info@meochia.com or call 312-545-3331.

