





## mmoH

90.

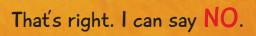


It may seem simple or easy at first, but trust me, it's hard to utter this word.

OK, OK, so you want to know the two-letter word that's helping me grow?







I can say "No! What you're saying is not true."
I can say "No! I'm not comfortable with the things you do."





No comes in all shapes and sizes! You can say it loudly, or gently with kindness. THE NO CLUB No. No, thanks.



