

## “NO” is a Complete sentence



One of my favorite things to do during my down time is to witness *testimony* of people's lives. Specifically, how a person can come through some type of adversity, grow or completely **thrive** from their experience.

The common thread in many of these type of stories, be it truth or fiction, usually comes from the person generally figuring out:

- 1) Is what they think they want/need really worth what it's going to take for them to achieve it?
- 2) Can they persevere through whatever it is they will need to accomplish in order to do so?

What I've noticed in my own work and life is that for every time you decide

“YES” to those two questions, inevitably you will have to also say **NO**:

Without question

Without hesitation

Without apologies

Then, **LIVE**, period. Whatever that means for your story. One decision or moment in time does not determine where you *must* reside FOREVER just because...

When your NO doesn't benefit other's, it's natural for them to try and make you question it but you know what you know so *do what ya need to do...YOU!*

NO, is a COMPLETE sentence!

### THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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“You can’t take my JOY cause’ you didn’t give it to me”

Monica, R&B singer last night performing on BLACK GIRLS ROCK!

**TNM** personal Highlight’s from...

**BLACK GIRLS ROCK** on BET...

**HONOREES:**

**MOTIVATOR**

**Iyanla Vanzant**

[http://www.bet.com/Specials/blackgirlsrock/bgr\\_videos/bgr10\\_video\\_acceptance.htm?](http://www.bet.com/Specials/blackgirlsrock/bgr_videos/bgr10_video_acceptance.htm?playlist=bgrspeeche10&videoindex=3)

[playlist=bgrspeeche10&videoindex=3](http://www.bet.com/Specials/blackgirlsrock/bgr_videos/bgr10_video_acceptance.htm?playlist=bgrspeeche10&videoindex=3)

**LIVING LEGEND**

**Ruby Dee**

“I’m not who I’m suppose to be--I am still BECOMING...”

[http://www.bet.com/Specials/blackgirlsrock/bgr\\_videos/bgr10\\_video\\_acceptance.htm?](http://www.bet.com/Specials/blackgirlsrock/bgr_videos/bgr10_video_acceptance.htm?playlist=bgrspeeche10&videoindex=4)

[playlist=bgrspeeche10&videoindex=4](http://www.bet.com/Specials/blackgirlsrock/bgr_videos/bgr10_video_acceptance.htm?playlist=bgrspeeche10&videoindex=4)

**I’M EVERY WOMAN** (artist singing performance)

[http://www.bet.com/Specials/blackgirlsrock/bgr\\_videos/bgr10\\_video\\_performances.htm?](http://www.bet.com/Specials/blackgirlsrock/bgr_videos/bgr10_video_performances.htm?playlist=bgrperformance10&videoindex=1)

[playlist=bgrperformance10&videoindex=1](http://www.bet.com/Specials/blackgirlsrock/bgr_videos/bgr10_video_performances.htm?playlist=bgrperformance10&videoindex=1)

**NEYCHA’S PINK CARPET** interviews with **BLACK WOMEN** that **ROCK!**



TNM would like to THANK CARLA LINO for passing our community on encouraging others to Subscribe and CHOOSE NU with a FREE Private session! For more details contact [he.nu.method@gmail.com](mailto:he.nu.method@gmail.com)

**TNM** has yet another Shot Out to Community Sista’, **NEYCHA** who worked it once again “Remixing” how we see a few of the BWR in only the multi-faceted way she can because “She Is”, including but not exclusive to: writer, counselor, musician and our personal favorite, remixing CHOOSING NU if and/or when necessary.

You can watch her **Pink Carpet Interviews** below but also check out the woman behind the mike at <http://tobeconscious.com/> and <http://neycha.com/>

**ARCHIVES**

Tiffany Monique Interview w/TFly

<http://www.youtube.com/watch?v=ARUH53OhEp4>

To Be Fly - By Anita Davenport

<http://www.youtube.com/watch?v=uF-nLkgN0m>

Reflections of a Decade - By Tanya Fly

<http://www.youtube.com/watch?v=Y6073kNzCA>

J’s **EMPIRE STATE OF MIND**

<http://www.youtube.com/watch?v=fbqM10i0nOU>

**NU KIDZ VIDEO**

<http://www.youtube.com/watch?v=Vy-liAOSOLg>

What you need to know about **DIABETES**

<http://www.youtube.com/watch?v=sSvXr8ZY1s>

**THE NEXT LEVEL** MONDAY, 2 AUG 2010

Choose then Do NU MONAY, 1ST FEB 10

Negative or POSITIVE MONDAY, 3 AUG 09

FAITH MONDAY 17AUG 09

GLASS HOUSES MONDAY 20 JULY 09

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**Celebrity Interviews:**

<http://blogs.centriqtv.com/lifestyle/culturelist/tag/rev-dr-ianla-vanzant/>

<http://blogs.centriqtv.com/lifestyle/culturelist/about-k->

**WE WANT TO HEAR FROM YOU**

TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.

If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website [www.thenumethod.com](http://thenumethod.com) and click on [http://thenumethod.com/TNM\\_COMMUNITY.html](http://thenumethod.com/TNM_COMMUNITY.html) for further details.

**ARCHIVES** [continued...](#)

Ali Smith’s Interview with Tanya Fly

[http://www.youtube.com/watch?v=ICN5UITsM1I&feature=player\\_embedded](http://www.youtube.com/watch?v=ICN5UITsM1I&feature=player_embedded)

Boris Kodjo and Nicole Ari Parker on Spina

Bifida

<http://www.youtube.com/watch?v=NEejWxS9-7Y>

**CHOOSE** MONDAY, 8 JUNE 09

**UPGRADE** MONDAY 6 JULY 09

CHOOSENU



# FINAL WORD JUST A THOUGHT

By Tanya Fly

Your quality of life, at the end of the day, is yours and yours alone. We all have those times where we find it almost unbearable to say goodbye, enough or that special little word that is a COMPLETE sentence all on it's own.

If that is what's necessary for you to find the space in your own life to CHOOSE a healthier **you** do not let guilt, shame or perceived obligation to not befriend your NU best friend...**NO!**

JUST A THOUGHT.

xO, t~

Join a class currently in session or inquire about creating one of your own.

## FALL 2010"

SEMI PVT: 2-4 pp \$35 PVT: \$85 a session reg (\$65 for student's and teachers) GROUP \$35 reg (\$25 students & teachers)

NU (Intro) Group 5 or more pp: \$25

\*\*Pay for the amount of classes or sessions you plan to attend for the month and that's IT! No membership or long-term commitments.\*\*

### Classes currently in session:

Thursday's:	9-10am	Tuesday's &	Dodge YMCA (Brooklyn-Members Free)
	10-11am		Atlantic Avenue (corner of Atlantic & Court)
		Tuesday:	6:00-7pm September, 2010.
			NU KIDZ Afterschool PS 261
			Friday's 3:30-5:30



NU  
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