

# No Matter What!: 9 Steps to Living the Life You Love

By Lisa Nichols

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**No Matter What!: 9 Steps to Living the Life You Love** By Lisa Nichols

## **LIVE THE LIFE YOU LOVE-NO MATTER WHAT!**

From bestselling author and motivational speaker Lisa Nichols comes a unique and powerful inspirational program that will both move you and empower you to realize your dreams. Millions are trying to live by *The Secret's* Law of Attraction, but the truth is it won't work unless you flex your all-important "bounce-back" muscles, which give you the ability to successfully navigate life's speed bumps.


By developing and toning her own bounce-back muscles at critical points in her life, Lisa found the power to become her authentic self and achieve everything she dared to hope for. Now, in **NO MATTER WHAT**, she offers a groundbreaking program that outlines these 9 Steps or "muscles", which include among others your Confidence, Faith-in-Myself, Honesty Out Loud and Forgiveness muscles, and explains how anyone can use them to achieve happiness and off-the-charts success. In this powerful guide Lisa Nichols introduces her dynamic plan, shares her own remarkable story, and prescribes specific exercises and action steps to inspire readers to learn from their past and move toward a courageous future.

"I've watched Lisa Nichols light up rooms and inspire thousands for years. As a featured teacher in *The Secret*, she explained the Law of Attraction, but now, for the first time, she reveals her own secret to happiness: the Law of No Matter What. Read this book, and learn to create the things in life you believed were out of reach." --**Marci Shimoff, bestselling author of *Happy for No Reason* and featured teacher in *The Secret***

"Lisa is a living example of what it takes to overcome the inevitable obstacles in your path...with the help of this book, you'll be able to soar to success--no matter what!" --**Jack Canfield, Co-Author of the *New York Times* Bestselling *Chicken Soup for the Soul* Series**

"Lisa Nichols is a rock star of personal growth! Gutsy and authentic, in **NO MATTER WHAT**, Lisa uses her charismatic and influential style to teach resilience. Whether you are a seasoned student of character and enlightenment or just starting, this book is a must read, advanced course for possibility." --**Stephen M. R. Covey, author of *The New York Times* bestseller *The Speed of Trust***

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
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## No Matter What!: 9 Steps to Living the Life You Love By Lisa Nichols Bibliography

- Sales Rank: #93988 in Books
- Brand: Unknown
- Published on: 2011-03-22
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .75" w x 5.25" l, .50 pounds
- Binding: Paperback
- 288 pages

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### Editorial Review

From Publishers Weekly

With her appearance in *The Secret*, San Diego-based Nichols is now a star life coach and motivational speaker. In this candid, inspirational book, she crafts a program to guide people to more fulfilled, happy and purposeful lives, illustrating each chapter with her own remarkable story, which she adeptly turns into motivational jewels. From a troubled childhood—she was molested and had difficulty as a black student at a mostly white school—to teen years as a star athlete who lacked self-esteem, dead-end jobs and an abusive relationship and finally success, Nichols has gone through both the highs and lows of life. Her message is simple and follows *The Secret's* Law of Attraction. But this book is about the Law of No Matter What: no matter what happens or what people say, you must commit to taking action: I will do what I need to do. And if you stumble along the way, you need bounce-back muscles. Each of nine chapters explores a different muscle (faith in yourself, honesty, say yes, etc.). Nichols's infectious enthusiasm and compassion shine from each page. (Apr. 13)

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About the Author

Lisa Nichols started her company in her living room in 2000 and has taken it international while doing millions of dollars in business along the way. She is the co-author of two bestselling titles in the *Chicken Soup for the Soul* series, one of the leading teachers featured in the hit DVD *The Secret*, an entrepreneur and a specialist in spiritual and personal development. Nichols is the founder of the corporations Motivating the Teen Spirit and Motivating the Masses and has received numerous awards for her social contributions. She's at [www.lisa-nichols.com](http://www.lisa-nichols.com)

From [AudioFile](#)

Lisa Nichols's narrative gifts and hard-earned wisdom make this guide to personal empowerment a winner. She invites listeners to learn attitudes and capabilities--"muscles"--that can become part of ourselves if we develop them. Using examples from her own courageous journey as a black woman, she teaches the importance of habits like thinking through life's insults, taking action, believing in oneself, and making one's "highest choices." Her accessible, universal insights have street credibility without losing any of their nobility. She's also a natural speaker whose sincerity will hold listeners' attention. Nichols's powerful transformational strategies, as well as her experiences and determination, will have lasting impact on everyone who hears her story. T.W. © AudioFile 2009, Portland, Maine

### Users Review

**From reader reviews:**

**Willie Davis:**

The guide untitled No Matter What!: 9 Steps to Living the Life You Love is the book that recommended to you to see. You can see the quality of the guide content that will be shown to a person. The language that author use to explained their way of doing something is easily to understand. The writer was did a lot of exploration when write the book, therefore the information that they share to you personally is absolutely accurate. You also might get the e-book of No Matter What!: 9 Steps to Living the Life You Love from the publisher to make you far more enjoy free time.

**Curtis Wilson:**

Exactly why? Because this No Matter What!: 9 Steps to Living the Life You Love is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who all write the book in such wonderful way makes the content inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

**Michael Lucius:**

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**Jimmy Stone:**

What is your hobby? Have you heard that question when you got scholars? We believe that that question was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. So you know that little person just like reading or as examining become their hobby. You must know that reading is very important and book as to be the matter. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You get good news or update in relation to something by book. Different categories of books that can you decide to try be your object. One of them is actually No Matter What!: 9 Steps to Living the Life You Love.

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