

## ***FIVE STAR \*\*\*\*\* BOOK REVIEWS***

### ***No Boxing Allowed***

Reviewed by Cynthia Brian, [www.CynthiaBrian.com](http://www.CynthiaBrian.com), Nov 2011

**Find your Personal Power** - Australian author, Nola Anne Hennessy, has known her share of sadness, tragedies, and disappointments. She found the courage to move through the difficult times and advocates readers to forgive ourselves, discover our individual gifts, and refuse to be put into a box of expectations. The biggest barrier to personal achievement is negativity. In *No Boxing Allowed*, this NABE Pinnacle Award winning author, shows us the power of positive being and acting. Karma exists and universal justice prevails. Whatever we do in life, both good and bad, either comes back to exalt or haunt us. It is imperative to re-engineer our thoughts, words, and actions to a positive light so that we re-program our lives for a constructive outcome.

A chapter on leadership focuses on the issue of whether leaders are born or made. Charisma, kindness, generosity, positivity, honesty and forgiveness are some of the virtues and traits of a great leader. Nola rightly contends that “the more great leaders we have in this world, the better the world will become.” We can all be great leaders in our fields when we determine to be so.

Nola offers inspirational wisdom that each of us can take to the bank. Every human is unique, different, and a gift. Once we realize our full potential, our destiny becomes a personal choice without dictatorship from someone else. It’s imperative to make a positive difference in the lives of others at home, work, and in the community. Towards the end of the book, she includes key elements to a successful business relationship including respect, trust, understanding, tolerance, team play, patience, honesty, integrity, flexibility, commitment, responsiveness, and more. I would say that these values are not just the underpinning for work relationships, but the most important ingredients to a happy life filled with love, family, friends, and colleagues.

The wisdom enclosed in *No Boxing Allowed* continues in her follow-up book, from *PMS to PMA*. Buy both books for a complete prescription for living authentically and fully. And remember, there are no failures, only opportunities from which to grow, expand and learn. *No Boxing Allowed!*

### ***From PMS to PMA***

Reviewed by Cynthia Brian, [www.CynthiaBrian.com](http://www.CynthiaBrian.com), Nov 2011

**All We Need is a Positive Mental Attitude** - Once you have read award-winning author, Nola Anne Hennessy’s book, *No Boxing Allowed*, it’s time to pick up a copy of the sequel, *From PMS to PMA, a Change Management Guide for Women (and their Men)*.

This is a short book of only eighty-four pages that will give you permission to eliminate the blame and complain game in your life and instead, reframe, rename, and reclaim your personal power. Many women choose to wallow in self-pity and pain, blaming their moods, actions, and inactions on PMS. Men have jumped on that bandwagon, too, using premenstrual symptoms as the catchall diagnosis for everything negative. Both men and women feel trapped in abusive relationships with enough emotional baggage to sink a ship. It’s time to let go, and move on.

Nola gives you tools to change your negative thinking and acting so that you can positively manage your today and tomorrow, heal the pain, and move forward with healthy relationships between yourself and others. Through case studies you’ll witness what others have endured and how they recovered spiritually, physically, and emotionally. In her chapter, *Deep Healing*, Nola provides seventeen concrete and proven steps for both men and women to take the journey to real honesty and empowerment in their relationships. Of course, before you can take even one small step on this change journey, you must want to do it on a conscious level.

Nola’s message is to value yourself first and then everything else falls into place. Being human means that we will all suffer in some way, however, attitude is a choice. We can choose to be pessimistic and unhappy, or we can choose positivity and delight. Believe in yourself and all the possibilities, and let go of PMS. You deserve a life founded in PMA!

*Cynthia Brian is a New York Times best selling author, TV/Radio personality, speaker, coach, and Founder of Be the Star You Are!® charity, [www.CynthiaBrian.com](http://www.CynthiaBrian.com), [www.StarstyleRadio.com](http://www.StarstyleRadio.com), [www.BetheSTARyouAre.org](http://www.BetheSTARyouAre.org)*