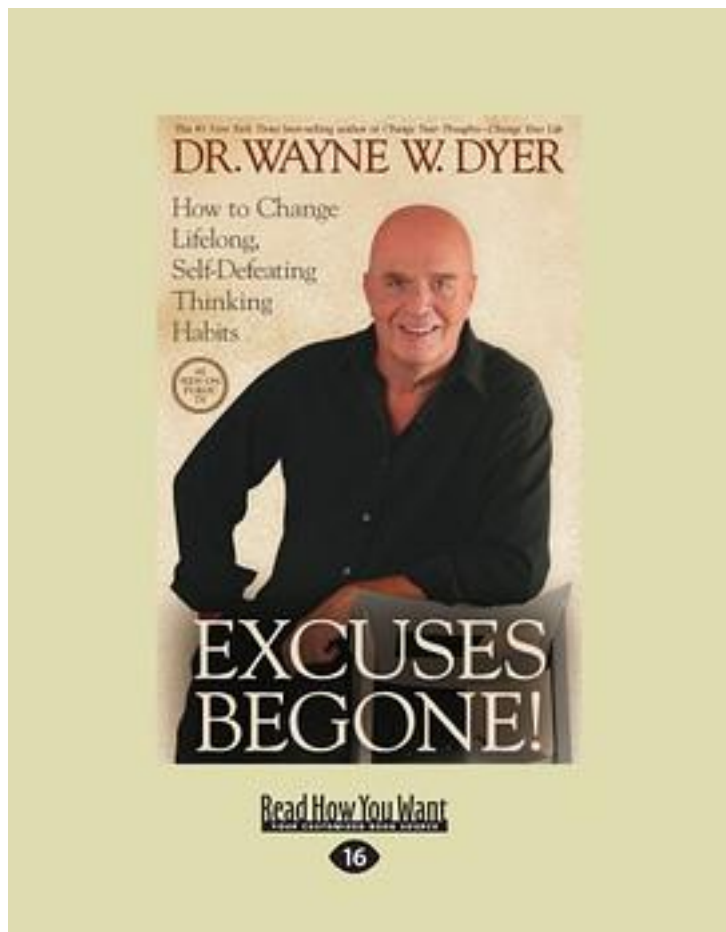


# Excuses Begone! How to Change Lifelong, Self-Defeating Thinking Habits



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出版者:ReadHowYouWant

出版时间:2012-12-28

装帧:Paperback

isbn:9781427088451

Toss Out Those Tired Old Excuses...Once and for All! Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating

thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since childhood might be somewhat challenging. If I changed, it would create family dramas ...I'm too old or too young ...I'm far too busy and tired ...I can't afford the things I truly want ...It would be very difficult for me to do anything differently ...and I've always been this way ...may all seem to be true, but they're in fact just excuses. So the business of modifying habituated thinking patterns really comes down to tossing out the same tired old excuses and examining your beliefs in a new and truthful light. In this groundbreaking work, Wayne presents a compendium of conscious and subconscious crutches employed by virtually everyone, along with ways to cast them aside once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of a new paradigm. The old, habituated ways of thinking will melt away as you experience the absurdity of hanging on to them. You'll ultimately realize that there are no excuses worth defending, ever, even if they've always been part of your life-and the joy of releasing them will resonate throughout your very being. When you eliminate the need to explain your shortcomings or failures, you'll awaken to the life of your dreams. Excuses ...Begone!. Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He is the author of more than 30 books, has created numerous audio programs and videos, and has appeared on thousands of television and radio shows. Wayne holds a doctorate in educational counseling from Wayne State University and was an associate professor at St. John's University in New York.

作者介绍:

目录:

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