



Excuses Begone: How to Change Lifelong, Self-defeating Thinking Habits

By Dr. Wayne W. Dyer Dr.

Hay House Inc. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. 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 . . . Im too old or too young . . . Im far too busy and tired . . . I cant afford the things I truly want . . . It would be very difficult for me to do things differently . . . and Ive always been this way . . . may all seem to be true, but theyre 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...



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