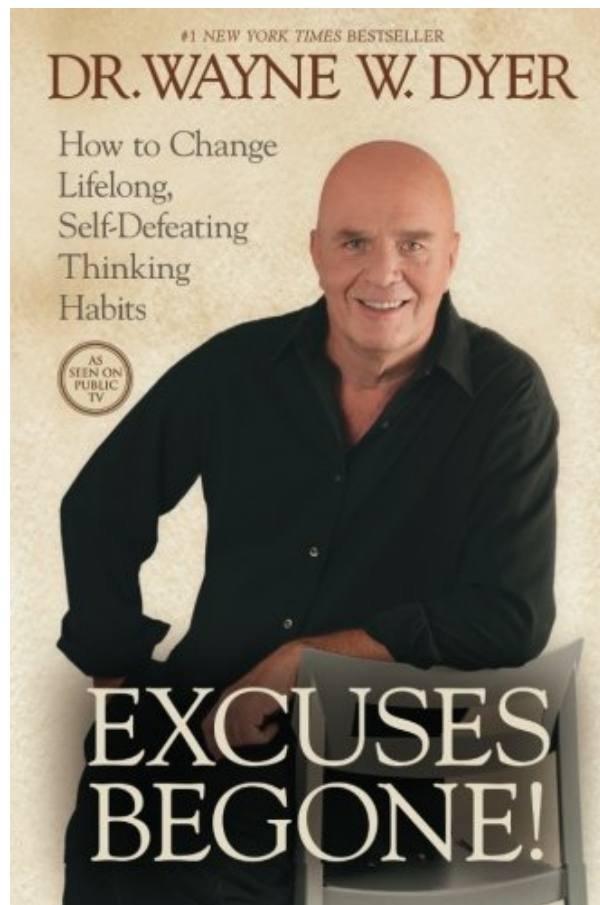
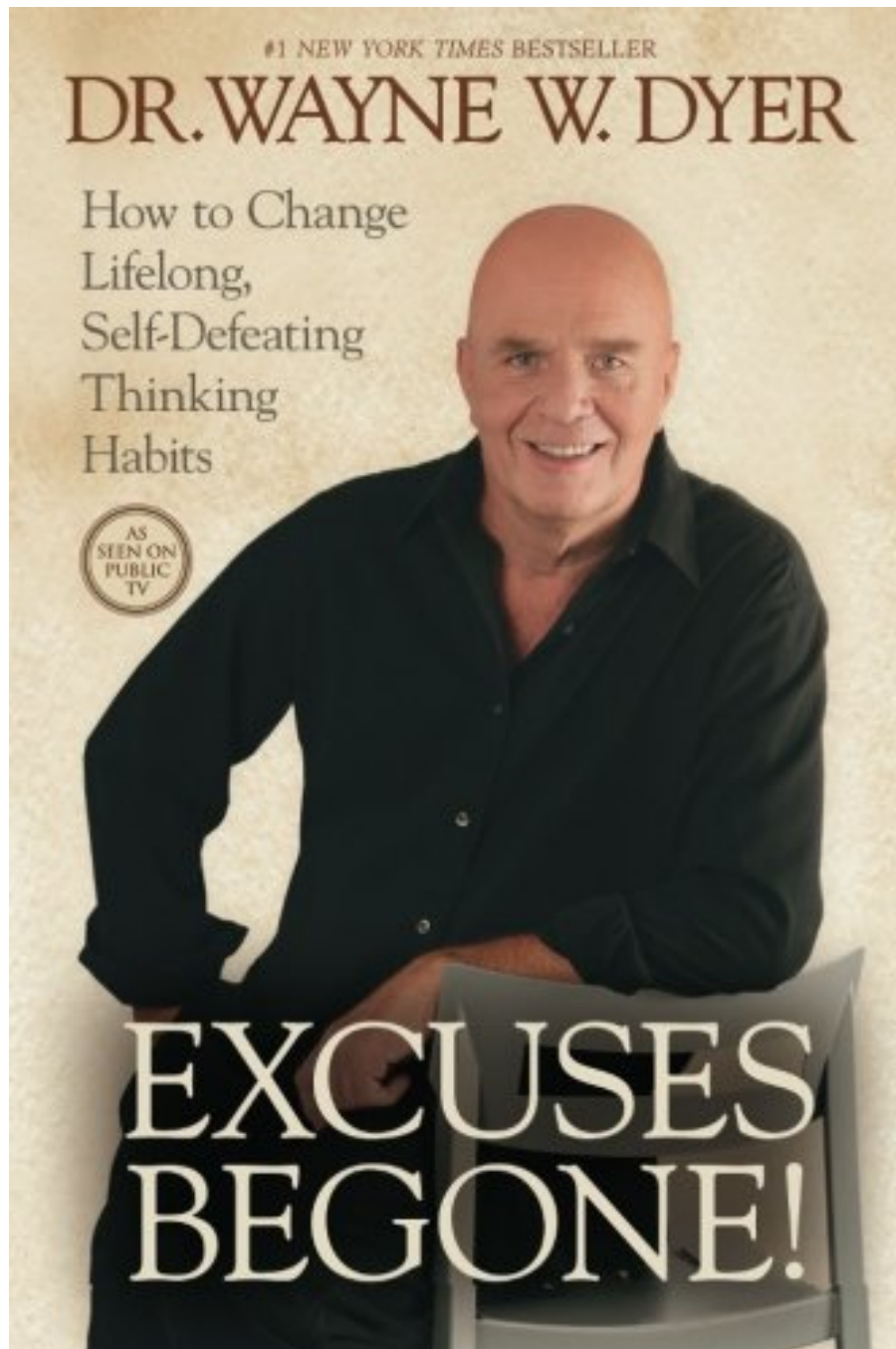


EXCUSES BEGONE!: HOW TO CHANGE LIFELONG, SELF-DEFEATING THINKING HABITS BY DR. WAYNE W. DYER



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About the Author

Affectionately called the “father of motivation” by his fans, Dr. Wayne W. Dyer was an internationally renowned author, speaker, and pioneer in the field of self-development. Over the four decades of his career, he wrote more than 40 books (21 of which became New York Times bestsellers), created numerous audio programs and videos, and appeared on thousands of television and radio shows. His books *Manifest Your Destiny*, *Wisdom of the Ages*, *There’s a Spiritual Solution to Every Problem*, and the New York Times bestsellers *10 Secrets for Success and Inner Peace*, *The Power of Intention*, *Inspiration*, *Change Your Thoughts—Change Your Life*, *Excuses Begone!*, *Wishes Fulfilled*, and *I Can See Clearly Now* were all featured as National Public Television specials.

Wayne held a doctorate in educational counseling from Wayne State University, had been an associate professor at St. John’s University in New York, and honored a lifetime commitment to learning and finding the Higher Self. In 2015, he left his body, returning to Infinite Source to embark on his next adventure.

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EXCUSES BEGONE!: HOW TO CHANGE LIFELONG, SELF-DEFEATING THINKING HABITS BY DR. WAYNE W. DYER

PDF

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 things 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!

- Sales Rank: #53329 in Books
- Brand: Unknown
- Published on: 2011-01-01
- Released on: 2011-01-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .72" w x 6.00" l, .85 pounds
- Binding: Paperback
- 366 pages

Features

- Great product!

About the Author

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Website: www.DrWayneDyer.com

Most helpful customer reviews

418 of 440 people found the following review helpful.

No more excuses: this will blow your "habitual mind"

By Susan Schenck

I have read most of Wayne's books, and this was one of the better ones. I used a highlighter on many areas of the book: I love Wayne's style of intertwining great philosophical quotes, anecdotes and personal stories to illustrate his points.

The book starts out citing compelling science and studies, including Bruce Lipton's research proving that genes are far from destiny, and that our beliefs influence even our genes. This is truly the foundation for a "no excuses" paradigm. Wayne delves into the concept of memes, or mind viruses and explains how these are passed on to people like cold viruses.

Next, 18 typical excuses are presented (many of these solicited from his readers). It will be difficult, risky, take too long, create family drama; I don't deserve it; it's against my nature; I can't afford it (surely a popular one today!); no one will help me; it's not happened before; I'm not strong/smart enough; I'm too old/too young; the rules/laws won't let me; it's too big; I don't have the energy/time; it's in my family history; I'm afraid. I was disappointed that my favorite excuse "I'll do it later" wasn't listed, although it was addressed indirectly in various parts of the book, especially in the "commitment to overcoming the inertia" part.

The second section seven contains principles for overcoming excuses: awareness, alignment, now, contemplation (with a very powerful quote from Aristotle--"Contemplation is the highest form of activity"), willingness, passion and compassion.

The third section promotes a new way of viewing excuses, creating a paradigm shift. This includes asking yourself six questions, starting out with "Is it true?" Where did the excuse come from? What is the payoff?" These are very reminiscent of Bryon Katie except that instead of undoing beliefs, you are undoing excuses and eradicating them from your subconscious mind (which Wayne argues need not be beneath your consciousness, and in fact renames as the "habitual mind").

I see people all the time using these excuses to avoid eating a better diet of more raw foods: It will create family drama; I don't have the time to fix good food; I don't have the money to buy fresh produce." My father's excuse was, "I am too old." Unfortunately, he died of cancer two years after using that excuse!

I am confident that this book will inspire people to take a new look at their habitual mind patterns, breaking free to move on to their highest potential!

Susan Schenck, author of *The Live Food Factor: The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet*
and
Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work

70 of 74 people found the following review helpful.

Accountability 101

By Larry Underwood

As an old-school management kind of guy, where excuses are not allowed, I didn't find anything overly earth shattering in this handy little guide to making yourself accountable...to yourself. However, it's still a good resource and certainly worth reading. I really enjoyed it, especially since it alligns with my way of thinking. Self-affirmation is good.

The author, Dr Wayne Dyer, put together his material in a very well-organized manner and was kind enough to remind everyone that their lame excuses won't cut it. I must confess, I have used a few of them myself, primarily to justify my laziness about not wanting to work out. However, I'm still not going to work out. I'm just not going to make excuses anymore. There. I feel better already.

By forcing yourself to increase your awareness level concerning any difficult issue you may be faced with, you'll more than likely come away accomplishing a lot of things you didn't think you could do, or didn't want to do. Again, this is basic stuff, but it's still valuable, especially for those less than enthusiastic chronic complainers who always feel the world is against them. You know the type. Everything is "a problem"...You just want to slap them. Well, now you can hand them this book, and hope they can fit it into their busy schedule.

In the final analysis, you've got to be your own boss. Give yourself frequent "reviews", and be honest with your own performance. If you're not cutting the mustard, go back and read this book again.

It's worth it, especially if you usually begin every day wondering what's going to go wrong and who's going to plot against you now. Yeah it's definitely worth it.

23 of 24 people found the following review helpful.

We cannot control others around us, but we can control our own choices as to how they affect us

By Sherri

I could not disagree more with the post that slammed Wayne Dyer or the concepts in this DVD or other materials of the title. The intention of this is clearly to remind people that we have control of our own lives and destiny - if we will only remember that and take it. Yet society and the habits and behaviors we inherit or learn teach us to believe otherwise. Others are sometimes the source of our pain, or they may choose to inflict it upon us (intentionally or unentionally) but it is what we do with that and how we react to it that determines if we will stay stuck there in the problem, or if we will rid ourselves of it and move on to become everything we are capable of becoming. It seems to me that it is much better for us to decide how we will deal with and fix the issues instead of staying in a place of just blaming others or outside circumstances. I would say that anyone who truly wants to get past thoughts and excuses that limit them would appreciate this DVD and gain from it.

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