



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

Wayne W. Dyer

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In *Excuses Begone!* Dr. Wayne W. Dyer reveals how to change lifelong, self-defeating thinking patterns that prevent you from living at the highest levels of success, happiness, and health. You may know what to think but find it terribly difficult to change thinking habits that have been with you since childhood. This business of changing habituated thinking patterns is really the business of eliminating the same old tired excuses.

People are forever using excuses and defending those excuse patterns as if they were actually true. Such statements as It would be very difficult for me to change . . . If I changed, it would create family dramas . . . I'm too old or too young to change . . . I've always been this way . . . It's in my DNA so I can't change . . . I can't afford the things I truly want and I've always been this way are all excuses that are used regularly without challenging the truth of these thinking habits.

When you eliminate excuses that explain your shortcomings or failures, you'll awaken to your infinite possibilities. Removing the excuses involves examining these thinking habits under a new and truthful light.

In this groundbreaking work, Wayne presents a compendium of conscious and subconscious excuses employed by virtually everyone, along with a new paradigm that guides you to put those excuses to rest once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of the Excuses Begone! paradigm. The old habituated ways of thinking will melt away as you experience the joy of releasing excuses and the absurdity of hanging on to them. There are no excuses worth defending ever, even if they've always been part of your life.

This book represents Wayne's effort to help anyone whose self-defeating thoughts are persistently present, learn how to discard those old thinking habits, and discover the infinite possibilities of life!

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