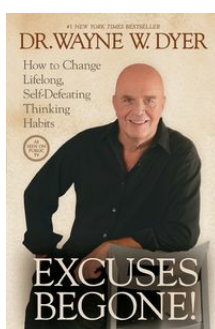


EXCUSES BEGONE! HOW TO CHANGE LIFELONG, SELF-DEFEATING THINKING HABITS

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



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Author	Wayne W. Dyer
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Filesize	8.94 MB

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Reader's Opinions

Pep rally is what comes to my mind, the more I read of this book. He is rambling where he needed to get to the point, and he is vague where he needed to clearer and illustrate his point. Not too bad. If this book gets you to stop living in excuses, then it has done what it is meant to...