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

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January 1, 2011 by Dr.  
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Habits by Dr. Wayne

W. Dyer topped The

New York Times

Bestseller list shortly

after its release in May.

The book uses easy-to-

follow and understand

lists to help readers

modify their habituated

thinking patterns.

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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.

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2012 by Dr. Wayne W.  
Dyer (Author)

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book. The first edition

of the novel was

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1st 2009, and was

written by Wayne W.

Dyer. The book was

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languages including English, consists of 288 pages and is available in Hardcover format.

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**(Narrated by Wayne Dyer)**

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you want that your excuses begone then you have to recognize what they are. You have to identify what pattern you follow when it comes to make a decision to change something and you don't do it. Most people follow all the time the same pattern in their life.

**Excuses Begone -  
Why Do You  
Sabotage Yourself.**

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How To Change  
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Wayne W Dyer

After identifying the 18 most commonly used, self-defeating excuses, Dr. Dyer teaches viewers a method they can immediately use to change damaging habits and move into new realms of possibility.

**DR. WAYNE DYER:  
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The following excerpt is taken from the book Excuses Begone! How

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to Change Lifelong,  
Self-Defeating Thinking

Habits, by Dr. Wayne W  
Dyer. It is published by

Hay House (May 26,  
2009) and available at

all bookstores or online  
at:

[www.hayhouse.com](http://www.hayhouse.com).

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Thinking Habits. Dr.

Wayne W. Dyer.

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this transformational

book, Dr. Wayne W.

Dyer reveals how to

change the self-

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Even though you may

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those thinking habits

that have been with

you since childhood

might be somewhat

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Narrator), Hay House  
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Dr. Wayne Dyer's

transformational book,

Excuses Begone!, is

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Dr. Wayne W. Dyer

reveals how to change

the self-defeating

thinking patterns that

have prevented you

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Dyer reveals how to  
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Such statements as 'It would be very difficult for me to change...', 'If I changed, it would create family dramas...', 'I'm too old/young to change...', and 'I've always been this way...' are all excuses that are used regularly without challenging the truth of these thinking habits.

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When you eliminate excuses that explain your shortcomings or failures, you'll awaken to your infinite possibilities.

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