It's Not My Fault: The No-Excuse Plan for Overcoming Lifes Obstacles by John Townsend

Solves The Problem!

What seems like just a common, no-harm-done excuse-It's not my fault!-is often a dangerous trap, say Drs. Henry Cloud and John Townsend, because people don't recognize what the blaming mindset does to them. It not only keeps them from overcoming the effects of all that they can't control-like other people, circumstances and genetics-but separates them from a solution. And when they give away the ownership of their life, they end up losing the one opportunity they have to fulfill their dreams and enjoy God's best.

Using eight principles, a variety of true stories and their years of experience as professional psychologists, Cloud and Townsend enlighten readers on how to make empowering choices-and how to build the life they want to live. It may seem impossible but it's true: taking personal responsibility is not only liberating, it is the best-and perhaps the only-way for a person to get what they really want out of life.

My Personal Review:
I don't think I realized I was making excuses. After all, I had many VALID REASONS for my poor performance in many areas. But this book helped me immensely to understand that even when I have valid reasons (and sometimes invalid ones) there is still only one way to solve the problem, and that is to tackle it head on. This book gave me lots of useful, easy to understand tools for overcoming long-standing difficulties. Since I read the book last February, I've lost 25 pounds, improved my career, my parenting, and have begun making progress in many other areas which have proven difficult for me for years. I love this book and actually, I've already read it three times!