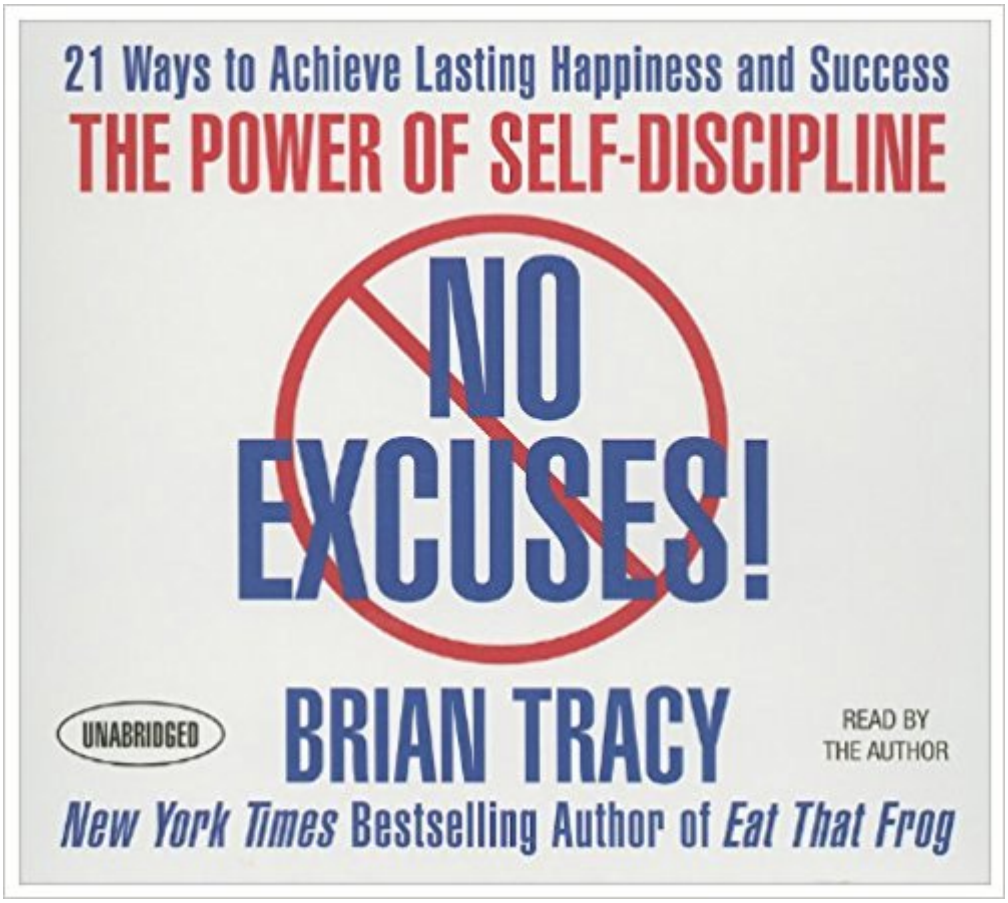
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No Excuses!: The Power Of Self-Discipline; 21 Ways To Achieve Lasting Happiness And Success (Your Coach In A Box)



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Synopsis

You don’t need to have been born under a lucky star, or with incredible wealth, or with terrific contacts and connections, or even special skills...but what you do need to succeed in any of your life goals is self-discipline. Unfortunately, most people give in to the two worst enemies of success: they take the path of least resistance (in other words, they’re lazy) and/or they want immediate gratification: they don’t consider the long-term consequences of the actions they take today.No Excuses! shows how you can achieve success in all three major areas of your life: Your personal goals Your business and money goals Your overall happinessEach of the 21 chapters in this audio book shows you how to be more disciplined in one aspect of your life with end-of-chapter exercises to help you apply the "no excuses" approach to your own life. With these guidelines, you can learn how to be more successful in everything you do-instead of wistfully envying others who you think are just "luckier" than you. A little self-discipline goes a long way...so stop making excuses and listen to this audio book!

Book Information

Series: Your Coach in a Box

Audio CD

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Customer Reviews

One of the world’s most widely known business speakers and a leading authority on the development of human potential and personal effectiveness, Brian Tracy addresses more than 250,000 people each year in corporations large and small, all over the world, on the subjects of strategy, management, personnel selection, hiring, firing, and motivating people. He has worked in 22 different businesses, often starting at the bottom and moving up to the executive suite. He is the

founder of Brian Tracy International and is the author of numerous bestselling books and has produced more than 300 audio and video programs.

Ã Â "No more excuses! Do it or don’t do it but don’t make excuses. Stop using your incredible brain to think up elaborate rationalizations and justifications for not taking action. Do something. Do anything. Get on with it! Repeat to yourself: `If it’s to be, it’s up to me!’ Losers make excuses; winners make progress. Now, how can you tell if your favorite excuse is valid or not? It’s simple. Look around and ask, `Is there anyone else who has my same excuse who is successful anyway?’ When you ask this question, if you are honest, you will have to admit that there are thousands and even millions of people who have had it far worse than you have who have gone on to do wonderful things with their lives. And what thousands and millions of others have done, you can do as well--if you try."~ Brian Tracy from No Excuses!Brian Tracy is one of my favorite old-school, kick-your-motivation-into-high-gear gurus.I’ve read a *lot* of his stuff and listened to a *lot* of his stuff as well. He asks some of THE most provocative questions and reading his books often leads to some long journaling sessions packed with insight.This book is packed with wisdom on how to get our self-discipline on. I highlighted nearly the whole thing in my Kindle and this Note is from Ideas in only the first half of it. :)"I discovered that you can achieve almost any goal you set for yourself if you have the discipline to pay the price, to do what you need to do, and to never give up."If you’re resonating with the Ideas here, I think you’ll love the book!Here are some of the Big Ideas:Someday Isle - It’s time to vote yourself off.The Battle Within - Lawyers, wolves, and angels.Think Long-term - And rock it.The Law - Of sowing and reaping.Cool Peeps - Who would you hang with?Here’s to rockin’ our self-discipline as we get our teleos on and fully show up in this precious life of ours!-----To find 250+ more reviews visit http://bit.ly/BrianReviews

This book can change your life. Promise yourself that you will read 15 minutes EVERY day and underline or write a powerful sentence that looks like it is for you. Never miss a day. I promise that the 10 goals that you write down on day one, will all start marching slowly towards you. Don’t miss a day. Finished the book? Start over. Get the audio version. I have bought 50 copies of this book. I have read it over and over. I am setting new higher goals and so are my employees. (I posted a sign; No Excuses is our training manual. If you want a raise the instructions are inside this book.)

Great books full of great advise and info. Now it’s just a matter of following it. If I do and am successful then it’s a 5 star. Will let you know!

This is an excellent, inspiring writing. It contains so much valuable wisdom on every page. The Introduction section alone was more than worth my time and money. The knowledge provided by Brian Tracy truly goes deeply into my personal introspection, but leads into the needful action for my life. It is exactly what I needed to step into the numerous personal action plans that I have been unable to get moving.

Great books with a number of very practical takeaways. One thing I have done as a result of reading this book is to write out my 10 yearly goals everyday. This has really helped me stay focused on what is important and steps I am going to take each day to accomplish those goals.

Great book because I am always finding excuses for my actions. Just get up and do it. It's all about the perspective you have in life. Life is not easy so just suck it up and change your mindset!

This Is Really One of His Best Books Ever. The recorded material that goes with the book is also very good, however sometimes I prefer reading the old fashioned way. You can stop and think about the information, as you read at your own pace. I bought this book because I was having trouble getting motivated, and this material is powerful stuff. Highly Recommended.

This book is chockful of wisdom and practical advice. Best to take on in bite-sized pieces to do the work.

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