

No Excuses The Power Of Self Discipline Brian Tracy

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Get Smart! Hay House, Inc

A self-help guide offering tools for readers to transform patterns of thinking, discover potential and achieve personal and professional success. Brian Tracy offers a proven plan for transforming your life by changing the way you think about yourself and your potential. What you think has a profound effect on what you do and how you do it. But your thoughts aren't set in stone. Just like you can learn to ride a bike or play chess, you can also learn to control your thinking and control your life. Based on Tracy's thirty years of experience as a successful businessman and speaker, *Change Your Thinking, Change Your Life* presents twelve powerful principles that will help anyone get on the road to a better, more fulfilling professional and personal life. Each chapter offers inspirational stories, along with exercises that help you train yourself to think and act like the successful person you truly are. The principles in this book have helped millions of people take control of their thinking and make positive changes in their lives. And they can help you too. If you want to achieve wealth, happiness, and professional and personal fulfillment, all you have to do is *Change Your Thinking, Change Your Life*. "Brian Tracy is the preeminent authority on showing you how to dramatically improve your life. Let him be your guide." —Robert G. Allen, #1 New York Times–bestselling author "This book gives you a step-by-step system to transform your thinking about yourself and your potential, enabling you to achieve greater success in every area of your life." —Lee Iacocca, Chairman, Lee Iacocca & Associates

Goals! Simon and Schuster

Discover 10 Essential Ways to Make the Most of Your Time "Time is money," as the saying goes, but most of us never feel we have enough of either. In *Master Your Time, Master Your Life*, internationally acclaimed productivity expert and bestselling author Brian Tracy presents a brilliant new approach to time management that will help you gain control of your time and accomplish far more, faster and more easily than you ever thought possible. Drawing on the latest research in productivity science and Tracy's decades of expertise, this breakthrough program allocates time into ten categories of priority--including strategic planning/goal setting, people and family, income improvement, rest/relaxation, and even creative time--and reveals the best techniques for focusing on each effectively. By thoughtfully applying the principles in *Master Your Time, Master Your Life*, you'll not only achieve greater results and reach your goals more quickly and successfully, you'll also have more time to devote to what you truly love.

Don't Lean On Your Excuses Morgan James Publishing

Most people think success comes from good luck or enormous talent, but many successful people achieve their accomplishments in a simpler way: through self-discipline. *No Excuses!* shows you how you can achieve success in all three major areas of your life, including your personal goals, business and money goals, and overall happiness. Each of the 21 chapters in this 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 you think are just "luckier" than you. A little self-discipline goes a long way -- so stop making excuses and read this book!

Scripting the Moves CreateSpace

He was named by *The Atlantic Monthly* as "the most sought-after strategist in the Democratic party." He was targeted by *National Review* as the Democratic Party's "poet goon." From his unique perspective, Robert Shrum gives us an epic and personal story of the struggle for power in America during the past four decades. With wit and humor, rare candor, and a wealth of detail, he vividly recounts the real personalities and real forces that shaped the outcome of the closest and most important elections of our time. We are there with Shrum in the back rooms, on the planes, and in the motorcades with Ted Kennedy, Al Gore, John Kerry, John Edwards, and Bill and Hillary Clinton. Shrum reveals the manipulations and limitations of old and new forms of political persuasion, from the historic and sometimes controversial speeches he wrote to the negative ads he created for national and statewide candidates, from prepping presidential nominees for critical debates to the deployment of the new political weapon, the Internet. He lifts the curtain on decisive moments. Did John Kerry and John Edwards actually believe in the Iraq war they voted for? What was the real reason the Kerry campaign didn't respond faster to the Swift Boat attacks? Why didn't Al Gore let Bill Clinton campaign all-out in 2000? How did Clinton get through the first perilous week of the Lewinsky scandal? This is a provocative journey through recent history: George McGovern's antiwar campaign of 1972, the improbable rise of Jimmy Carter, Senate campaigns that made historic breakthroughs and shaped the presidential contests of the future, the gifts that made Bill Clinton a great politician -- and the circumstances and calculations that kept him from being a great president. As strategist, adviser, and often friend to the leaders he enlisted with, Shrum shows them as they are, with their strengths and human weaknesses -- as well as his own. Assailed as a populist who pushed the Democratic Party, in a phrase he coined, "to stand for the people, not the powerful," Shrum argues that unlike Republicans from Reagan on, Democrats fall short, politically or in office, when they trim their convictions and walk away from fundamental issues -- like universal health coverage. This is one of the most fascinating books ever written about the victories and defeats, the causes and candidates, the "flawed heroes" that drive the high drama of American politics.

No Hands and No Excuses Houghton Mifflin Harcourt

Get Rich, Don't Bitch Today, more than ever before, wealth is something every woman has the power to create. Yet Jean Chatzky constantly hears all the excuses why women can't and don't master their money. Now, she reveals the secrets and the strategies she created to take control of her own money--strategies through which she gained her "money confidence." It's time for you to find yours! In *Make Money, Not Excuses* Jean shares these valuable lessons: • Where to start • How to get over your "I'm not smart enough to deal with money" feelings • Why being a "good-enough investor" will make more money for you in the long-term (while trying to be a "great investor" will drive you

crazy) • How (and where) to save your money • Why women make better investors—and higher returns—than men • How to track where you're overspending • How to pay off your debt Jean is unsurpassed in her ability to explain money and investing in simple, straightforward ways. Here she breaks down the scariest parts of dealing with money—from investing in stocks to saving for your retirement—and makes them practical, easy, empowering, and, yes, even enjoyable. This is your road map to real wealth. "Chatzky writes like the smart, candid best friend you wish you had."

—Newsweek

No Excuses! Sound Wisdom

The problem that affects almost everyone today is being stuck in a career they hate. People are conditioned to work their lives away for someone else and only get paid for the hour they work. Follow the proven path to financial freedom that many have already successfully navigated.

The No Excuse Guide to Success QuickRead.com

An invaluable guidebook, which contends that the most vexing problems facing women today isn't that doors of opportunity aren't open but that not enough women are walking through them. Feminist icon Gloria Feldt pulls no punches in this new book, which argues that the most confounding problem facing women today isn't that doors of opportunity aren't open, but that not enough women are walking through them. From the boardroom to the bedroom, public office to personal relationships, she asserts that nobody is keeping women from parity—except themselves. Feldt puts women's power into an historical context, showing the ways in which women have made huge leaps forward in the past, only to pull back right when they were at the threshold. Feldt argues that there's no excuse—whether it's the way women are socialized, or pressure to conform, or work/life balance issues—for women today not to own their power. Women are still facing unequal pay, being passed over for promotions, entering public office at a much lesser rate than men, and oftentimes still struggling with traditional power dynamics in their interpersonal relationships. Feldt's solution to all these places where women face inequality is the same: we need to shift the way we think to achieve true parity with our male counterparts. *No Excuses* is divided into nine chapters that organized around how women can change the way they think, and therefore the way they act. These include: Know Your History and You Can Create the Future of Your Choice; Define the Terms-First; Embrace Controversy; Employ Every Medium; and other helpful ideas for using the tools and resources women already have to create the changes they want to see. *No Excuses* is a timely and invaluable book to help women equalize gender power in politics, work, and love.

No Excuses! Center Street

Taking responsibility is the key to achievement. Happiness derives from facing challenge with courage. Each failure opens the door to learning. High values, hard work and persistence matter. Success has meaning when it is won through integrity.

No Excuses Simon and Schuster

Discover the essential thinking tools you've been missing with *The Great Mental Models* series by Shane Parrish, New York Times bestselling author and the mind behind the acclaimed Farnam Street blog and "The Knowledge Project" podcast. This first book in the series is your guide to learning the crucial thinking tools nobody ever taught you. Time and time again, great thinkers such as Charlie Munger and Warren Buffett have credited their success to mental models—representations of how something works that can scale onto other fields. Mastering a small number of mental models enables you to rapidly grasp new information, identify patterns others miss, and avoid the common mistakes that hold people back. *The Great Mental Models: Volume 1, General Thinking Concepts* shows you how making a few tiny changes in the way you think can deliver big results. Drawing on examples from history, business, art, and science, this book details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making and productivity. This book will teach you how to: Avoid blind spots when looking at problems. Find non-obvious solutions. Anticipate and achieve desired outcomes. Play to your strengths, avoid your weaknesses, ... and more. The *Great Mental Models* series demystifies once elusive concepts and illuminates rich knowledge that traditional education overlooks. This series is the most comprehensive and accessible guide on using mental models to better understand our world, solve problems, and gain an advantage.

Change Your Thinking, Change Your Life Seal Press

In his fourth book for children, Dr. Wayne W. Dyer focuses on the topic of excuses and how they can do more harm than we realize. The book demonstrates how excuses go far beyond "my dog ate my homework," and can actually become words that prevent your child from reaching his or her potential. The book follows a boy with a seemingly impossible dream who almost lets excuses ("I'm not smart enough" . . . "It's too hard," and so on) get in his way. He discovers, as will your child, that by following a few simple ideas and eliminating excuses . . . anything is possible!

No Excuses Createspace Independent Publishing Platform

An inside look at a "no-excuses" charter school that reveals this educational model's strengths and weaknesses, and how its approach shapes students. Silent, single-file lines. Detention for putting a head on a desk. Rules for how to dress, how to applaud, how to complete homework. Walk into some of the most acclaimed urban schools today and you will find similar recipes of behavior, designed to support student achievement. But what do these "scripts" accomplish? Immersing readers inside a "no-excuses" charter school, *Scripting the Moves* offers a telling window into an expanding model of urban education reform. Through interviews with students, teachers, administrators, and parents, and analysis of documents and data, Joanne Golann reveals that such schools actually dictate too rigid a level of social control for both teachers and their predominantly low-income Black and Latino students. Despite good intentions, scripts constrain the development of important interactional skills and reproduce some of the very inequities they mean to disrupt. Golann presents a fascinating, sometimes painful, account of how no-excuses schools use scripts to regulate students and teachers. She shows why scripts were adopted, what purposes they serve, and where they fall short. What emerges is a complicated story of the benefits of scripts, but also their limitations, in cultivating the tools students need to navigate college and other complex social institutions—tools such as flexibility, initiative, and ease with adults. Contrasting scripts with tools, Golann raises essential questions

about what constitutes cultural capital—and how this capital might be effectively taught. Illuminating and accessible, *Scripting the Moves* delves into the troubling realities behind current education reform and reenvisioning what it takes to prepare students for long-term success.

[How to Quit Your Job with Rental Properties](#) Penguin

Military hero and beloved *Dancing with the Stars* alum Noah Galloway shares his life story, and how losing his arm and leg in combat forced him to relearn how to live—and live to the fullest. Inspirational, humorous, and thought provoking, Noah Galloway's *LIVING WITH NO EXCUSES* sheds light on his upbringing in rural Alabama, his military experience, and the battle he faced to overcome losing two limbs during Operation Iraqi Freedom. From reliving the early days of life to his acceptance of his "new normal" after losing his arm and leg in combat, Noah reveals his ambition to succeed against all odds. Noah's gripping story is a shining example that with laughter, and the right amount of perspective, you can tackle anything. Whether it be overcoming injury, conquering the *Dancing with the Stars* ballroom, or taking the next steps forward in life with his young family - Noah demonstrates how to live life to the fullest, with no excuses.

No Excuses Red Wheel/Weiser

He was born a congenital amputee, his arms ending at his elbows and his legs at his knees. But that didn't stop Kyle Maynard from becoming a champion, on the wrestling mat and in his life. *No Excuses* is the inspiring story of Kyle's battle against the odds. You'll learn about the family who supported him, the coach who trained him, and the faith that strengthened him to face the toughest fights.

The Great Mental Models, Volume 1 Amer Productivity Center

Learn how to use advanced learning strategies to learn faster, remember more and be more productive. How often do you find yourself trying to remember something you think you should know? You've met that person before, but why can't you remember her name? Maybe you struggle to remember birthdays and other important dates, did you forget your wedding anniversary again this year? It happens to the best of us, luckily, there's a way to never forget anything ever again. Unlimited Memory offers several methods to help you remember information quickly and effectively. These methods will be nothing like you ever learned in school, but they'll teach you how to use your imagination and have fun while learning! So if you're tired of forgetting where you put your keys, then keep reading to find out how to master your memory and put an end to forgetfulness. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com

Master Your Time, Master Your Life Lulu.com

Black and Hispanic students are not learning enough in our public schools, and their typically poor performance is the most important source of ongoing racial inequality in America today—thus, say Abigail and Stephan Thernstrom, the racial gap in school achievement is the nation's most critical civil rights issue and an educational crisis; it's no wonder that "No Child Left Behind," the 2001 revision of the Elementary and Secondary Education Act, made closing the racial gap in education its central goal. An employer hiring the typical Black high school graduate or the college that admits the average Black student is choosing a youngster who has only an eighth-grade education. In most subjects, the majority of twelfth-grade Black students do not have even a "partial mastery" of the skills and knowledge that the authoritative National Assessment of Educational Progress calls "fundamental for proficient work" at their grade. *No Excuses* marshals facts to examine the depth of the problem, the inadequacy of conventional explanations, and the limited impact of Title I, Head Start, and other familiar reforms. Its message, however, is one of hope: Scattered across the country are excellent schools getting terrific results with high-needs kids. These rare schools share a distinctive vision of what great schooling looks like and are free of many of the constraints that compromise education in traditional public schools. In a society that espouses equal opportunity we still have a racially identifiable group of educational have-nots—young African Americans and Latinos whose opportunities in life will almost inevitably be limited by their inadequate education. When students leave high school without high school skills, their futures—and that of the nation—are in jeopardy. With successful schools already showing the way, no decent society can continue to turn a blind eye to such racial and ethnic inequality.

No More Excuses Librotas

As one of the leading motivational voices of today, Lee Shelby shares his zest for life through his story of triumph over tragedy. After an occupational injury, Lee lost both of his hands and faced life from a new perspective. His challenges bring insight and inspiration to living your best life, no matter what the circumstances. Lee's tenacity and *No Excuses* attitude is contagious. This book challenges you to confront seven of the most common excuses that hold people back from achieving their goals and dreams. Excuses are easy, but You will learn to recognize and confront your excuses, so you can make an internal shift. By the end of this book, you will have the tools to break the cycle of excuses. Lee Shelby is one of the most sought after motivational and safety speakers today. As a thought leader and best-selling author, he has empowered people around the world through his interactive, educational, and heartfelt conviction. He has the unique ability to combine humor, compassion, and authority to convey his message. As one of the leading motivational voices of today, Lee relates his occupational injury, his recovery to work, and the challenges he has faced in such a way that will change the hearts and minds of everyone who hears his message.

[No Excuses!](#) Hachette Go

From the bestselling author of *Eat That Frog!*, a motivational guide to using the Psychology of Achievement to banish negative thoughts and behaviors and unlock your full potential for success. Letting go of negative thoughts is one of the most important steps to living a successful, fulfilling life, but also often the most difficult. In this practical, research-based guide, bestselling authors Brian Tracy and psychotherapist Christina Stein present their "Psychology of Achievement" program to help you identify and overcome detrimental patterns and ideas preventing you from achieving your goals or feeling happy and satisfied in your life. Whether this negativity stems from a past relationship that ended badly, a childhood trauma, a business or career failure, or general insecurity, Tracy and Stein help you recognize how conscious—and more oftentimes unconscious—negativity affects your personality, your outlook and your decisions. Along the way, they show you how to regain control of your thoughts, feelings, and actions, turn negatives into positives, and learn to accept unexpected life changes without falling back into old negative patterns. Essential reading for anyone feeling stuck, *BELIEVE IT TO ACHIEVE IT* offers an important roadmap to conquer negativity and embrace the power of positive thinking to live a happy, successful life.

The No Excuses Diet Berrett-Koehler Publishers

Motivational, Inspirational, Informative, Energetic, and Instructive are all appropriate words to describe, "No Excuses - Get It Done" by Rocky Turner. Speaking from the perspective of one who achieved his dream job, Turner provides keys to help the reader looking for a jump start

on their life goals.

No More Excuses Hachette Books

Kiss those excuses goodbye! "I don't have time." "I don't know what to journal about." "I can't keep the momentum going." Sound familiar? What are your excuses for not spending time with your art journal? Get ready to cast those excuses aside because Gina Rossi Armfield's *No Excuses Art Journaling* offers a no-fail approach to art journaling. Using a day planner as your art journal, you'll find daily, weekly and monthly prompts that you can adapt to fit your real-life, busy schedule. Along the way, you'll learn fun and convenient techniques to add sketching, watercolor painting, collage and more into your journal, all while setting goals, creating art and chronicling your unique life. Inside You'll Find: • More than 20 mixed-media art journaling techniques demonstrated step-by-step so you can add color, style and life ephemera to your journal. • 6 pages of journaling prompts and tips for every month of the year. • Dozens of inspirational art journal pages by Gina and 12 guest artists to show how you can make the *No Excuses* program decidedly yours. Grab your journal and pen, and kick your excuses to the curb!

No Excuses Simon and Schuster

The late Rev. Robert Lewis Gilbert was the first African American graduate of Baylor University, graduating with a B.A. degree in 1967. He was referred to as "Little Giant" by family members due to his small stature yet enormous heart and passion for justice. He was the first black teacher assigned to a formerly all-white public school in Waco. A well-known civil rights leader in Central Texas, Gilbert served as pastor at Carver Baptist Church—a congregation that grew over 500% under his leadership. In 1980, he was named Citizen of Texas and in 1992 he received Waco's Outstanding Humanitarian Award. *No Excuses Accepted* highlights Gilbert's journey as a courageous spiritual leader. Having struggled with a severe case of rheumatoid arthritis since the age of 14, Gilbert was known as a fighter. As he states in *No Excuses Accepted*, "God says, You can! God says you can do anything. There is nothing on this earth strong enough to hold you back...my life has tested the limits of God's strength and power."