

## No Excuses The Power Of Self Discipline Brian Tracy

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### No Excuses Penguin

The Enhanced Edition includes short-course videos by the coauthors for each of the twelve chapters of the book (total of 18.5 minutes). Both Brian Tracy and Christina Tracy Stein show how to apply the messages of each chapter to everyday life. Videos include: Your Full Potential, Confront Your Frogs, You Become What You Think, The Law of Substitution, Victim of Victor in Life, and The Law of Forgiveness. Just like the lonely princess in the fairy tale who was reluctant to lock lips with a warty frog and transform him into a handsome prince, something stops many of us short of attaining our dreams. Our negative thoughts, emotions, and attitudes can threaten to keep us from achieving all that we're capable of. Here bestselling author and speaker Brian Tracy and his daughter, therapist Christina Tracy Stein, provide a set of practical, proven strategies anyone can use to turn those negative frogs into positive princes. Tracy and Stein present a step-by-step plan that addresses the root causes of negativity, helps you uncover blocks that have become mental obstacles, and shows how you can transform them into stepping-stones to achieve your fullest potential. The book distills, in an accessible and immediately useful form, what Tracy has presented in more than 5,000 talks and seminars with more than five million people in fifty-eight countries and what Stein has learned through thousands of hours of counseling people from all walks of life. "There is nothing either good or bad, but thinking makes it so," the authors quote Shakespeare. The many powerful techniques and exercises in this book will help you change your mindset so that you discover something worthwhile in every person and experience, however difficult and challenging they might seem at first. You'll learn how to develop unshakable self-confidence, become your best self, and begin living an extraordinary life.

### No Excuses! CreateSpace

"Jay Rifenburg has given the world a most generous gift. Anyone who reads this book and applies the No Excuse! philosophy daily can create the life they want and make a difference." -Jack Canfield, CPAE, President, Jack Canfield Coaching, Bestselling Co-Author of Chicken Soup for the Soul This "International Bestseller" gives you a treasury of ideas to help you overcome obstacles and achieve excellence. It provides a concise plan for increasing personal responsibility in our homes, at work, in our businesses, and in all other areas of our lives. The book helps organizations and individuals increase this sense of ownership so they can truly succeed, live a better life, and be happy. You'll learn how to live the No Excuse! Lifestyle built on a solid foundation of self-responsibility, purpose, and integrity, without which failure is inevitable. Then you'll discover the secrets of the innovative THESAURUS FACTOR-12 key principles that are essential for personal, professional, and business success. No Excuse! is filled with anecdotes to clarify key points, while its inspirational messages will touch your soul and lift your spirits. Every chapter wraps up with an Action Plan for easy reference and application. You'll Discover... -Why you need to forgive, and how to do it so you can move on. -How to live a self-esteem lifestyle for greater happiness and success. -How to elevate your attitude and enthusiasm so you can be more productive and inspire others to take action. -How to sustain self-control for personal and professional excellence. -How to always be honest with yourself and others for utmost integrity, -Why you need a dream and how to discover it and set goals to achieve it. -How to upgrade your knowledge and skills to get the results you want. -How to understand people and personalities for more effective communication and leadership. -How to honor your family and friends for personal happiness and joy. -How to upraise your determinations to make your dreams come true. -Over 100 quotes and affirmations for inspiration to keep you going. -How to truly succeed for a happy, fulfilling, and well-balanced life. "Jay has found the key to personal power, internal motivation, and individual excellence! This book gives a simple, practical blueprint for outstanding performance. Everyone needs to read it." -Brian Tracy, CPAE, Speaker and Bestselling Author "I read your book! Exciting! Filled with good stuff. Have quoted you in two speeches and two TV shows this week." -Ty Boyd, CPAE, Executive Communications and Coaching "I'm very impressed with No Excuse! You've gathered a wealth of knowledge and compiled it into a simple, clear, concise volume. I hope its circulation spreads far and wide." -Robert A. Rohm, PhD, Pres., Personality Insights, Inc. "Well done...No Excuse! is a tough but caring view of the mission of our lives...read it and use the principles. I recommend it wholeheartedly." -Larry Wilson, CPAE, Co-Author of The One Minute Salesperson "You have no excuse for not reading No Excuse!...or for accomplishing all that you're capable of achieving as a result! Jay's No Excuse! Action Plans could positively change your life." -Michael P. McKinley, CPAE Former Pres., National Speakers Association

"Never before in my lifetime has this society needed the philosophy contained in these pages more. In business, government, education, and religion the time is now to stand up and be totally accountable for our actions. The antithesis has failed miserably in socialist countries as well as in social programs in our great nation. It's time to stop expecting government to coddle us from cradle to grave. It's time to be a No Excuse! person." -J. Charles Plumb, Bestselling Author of I'm No Hero, Former Vietnam POW Jay is a graduate of West Point, former Airborne Ranger, sales executive and entrepreneur. He speaks for Fortune 500 corporations, organizations,

Persuasion IQ Hachette Go  
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.

### Power of Discipline Wiley + ORM

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!

### Get Smart! Little, Brown

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** Morgan James Publishing

Through his Persuasion Institute, Kurt Mortensen has sought out and studied the Persuasion IQ (PQ) of the world's top influencers. Now, in this game-changing guide, he's leveraging his vast knowledge to teach readers the essential habits, traits, and behaviors necessary to cultivate their natural persuasive abilities. Concentrating on the 10 major Persuasion IQ skills, the book provides readers an opportunity to assess their own PQ, identify their strengths and weaknesses, and start down a path to enormous success and wealth. Readers will discover powerful techniques that enable them to: read people quickly; create instant trust; get others to take immediate action; close more sales; win over clients; accelerate business success; earn what they're really worth; influence others to accept their points of view; win negotiations; enhance relationships; and--most important--hear the magical word "yes" more often! Your professional success, your income, and even your personal relationships depend on your ability to persuade, influence, and motivate other people. Whether you are selling a product, presenting an idea, or asking for a raise, persuasion is the magic ingredient. This powerful, life-changing book will transform anyone into a persuasion genius.

### **No Excuses** New World Library

Almost everyone is guilty of playing the blame game. It's satisfying and easy to do. If we despise our work, we can blame our manager or

even our short-sighted organization for its inability to recognize our genius. If our personal lives are a disaster, we can blame our spouses, partners, the economy, or even our ancestors. We all know on some level that we are pointing our fingers in the wrong direction, but we just can't seem to help ourselves. The No Excuse Guide to Success shows you how to abandon this unworkable routine and stop the destructive pattern of making excuses and blaming others—to stop whining and start winning. The No Excuse Guide to Success gives you the tools and techniques you need to: Make life-altering changes in how you approach your career and your life Stop blaming others and start believing in yourself Own your choices and break down self-created barriers to success Embrace uncertainty and stop being afraid to win

*Kiss That Frog!* ReadHowYouWant.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 Excuse! Da Capo Press

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.

*Believe It to Achieve It* AMACOM

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.

Living with No Excuses Simon and Schuster

"Smith convincingly shows how individuals of any age and in any industry can chart a course to a great career by drawing on prior success stories."—Publishers Weekly Over the past three decades, Professor Larry Smith has become something of a "career whisperer" for his students at the University of Waterloo. His stunning TEDx talk on finding your calling has been viewed by more than six million people and counting. This book captures the best of his advice in a one-stop roadmap for your future. Showcasing his particular mix of tough love and bracing clarity, Smith itemizes all the excuses and worries that are holding you back—and deconstructs them brilliantly. After dismantling your hidden mental obstacles, he provides practical, step-by-step guidance on how to go about identifying and then pursuing your true passion. There's no promising it will be easy, but the straight-talking, irrepressible Professor Smith buoys you with the inspiration necessary to stay the course. "Have you ever had a conversation with someone about your life that leaves you feeling so elated that you have goosebumps? This is a typical result of how I feel after chatting with Larry."—M. Azam Javed, Tesla "Had it not been for the time I was able to spend with Professor Smith during my university years gaining his advice on career success, I would not be where I am today."—Mike McCauley, Google "Larry Smith has hit on the new millennium's major career issue."—Booklist "Larry Smith has created the road map young people need to not only follow their passion but do so sensibly and with integrity."—Gail Vaz-Oxlade, #1 bestselling author of *Debt-Free Forever*

No Excuses! Penguin

Zorian Kazinski has all the time in the world to get stronger, and he plans on taking full advantage of it. A teenage mage of humble birth and slightly above-average skill, Zorian is attending his third year of education at Cyoria's magical academy. A driven and quiet young man, he is consumed by a desire to ensure his own future and free himself of the influence of his family, resenting the Kazinskis for favoring his brothers over him. Consequently, Zorian has no time for pointless distractions, much less other people's problems. As it happens, though, time is something he is about to get plenty of. On the eve of Cyoria's annual summer festival, Zorian is murdered, then abruptly brought back to the beginning of the month, just before he was about to take the train to school. Finding himself trapped in a time loop with no clear end or exit, he will have to look both within and without to unravel the mystery set before him. He does have to unravel it, too, because the loop clearly wasn't made for his sake, and in a world of magic even a time traveler isn't safe from those who wish him ill. Fortunately for Zorian, repetition is the mother of learning...

The No Excuses Diet Penguin

It's no wonder that *The Power of Now* has sold over 16 million copies worldwide and has been translated into over 30 foreign languages. Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, "the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." Featuring a new preface by the author, this paperback shows that only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

The No Excuse Guide to Success Canelo

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."

The No Excuses Mindset Createspace Independent Publishing Platform

Have you ever wished you were doing more with your life? *The Power of Discipline* by Brian Tracy illustrates how discipline alone can be the difference between winning and losing, between greatness and mediocrity. The real key to this book, however, is how it ties the power of discipline to 7 critical areas of your life, which are: goals, time management, personal health, responsibility, character, courage, and finances.

Don't Bullsh\*t Yourself! Simon and Schuster

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Master Your Time, Master Your Life Penguin

Discover the secrets for how to think and act like the most successful people in the world and reap the rewards! In today's constantly changing world, you have to be smart to get ahead. But the average person uses only about two percent of their mental ability. How can we learn to unleash our brain's full potential to maximize our opportunities, like the most successful people do? In *Get Smart!*, acclaimed success expert and bestselling author Brian Tracy reveals simple, proven ways to tap into our natural thinking talents and abilities and make quantum leaps toward achieving our dreams. In this indispensable guide, you'll learn to: · Train your brain to think in ways that create successful results · Recognize and exploit growth opportunities in any situation · Identify and eliminate negative patterns holding you back · Plan, act, and achieve goals with greater precision and speed Whether you want to increase sales, bolster creativity, or better navigate life's unexpected changes, *Get Smart!* will help you tap into your powerful mental resources to obtain the results you want and reap the rewards successful people enjoy.

Focal Point Houghton Mifflin Harcourt

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 *No Excuses Accepted: The Amazing Story of a Man Who Overcame* Sourcebooks, Inc.

Have you accepted defeat and adopted a life of mediocrity? Do you wake up each day unsatisfied with your current situation and feel that life must have more to offer? *No Excuses: When Failure is No Longer an Option* will enable you to eliminate excuses and implement the power within yourself to obtain complete control of your life. The principles included in this book will empower you to face life's challenges head-on and overcome any obstacle that stands in your way. The overall quality of your life will improve when you choose to remove the destructive barriers that prevent success. Millions of people around the world have settled for less than their worth and created barriers that block them from their goals, but you don't have to be one of them.

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In this life-changing how-to guide, Edward L Moore shares four basic principles that will enable readers to: - Develop self-discipline to conquer your goals and objectives. - Learn proven strategies to take full accountability for your life's outcomes. - Discover tips on how to identify and develop your niche and create a plan to monetize it. If you desire to achieve more in life, access your potential, and execute your goals, now is the time to start living your life with NO EXCUSES!

*Goals!* Hay House, Inc

From the legendary Oklahoma coach, a candid and inspiring memoir. When Bob Stoops took over as football coach in 1999, the Oklahoma Sooners were in disarray with back-to-back losing seasons. But in just two years' time, Stoops achieved the seemingly impossible: winning a national championship and returning the struggling Sooners to their powerhouse status, churning out NFL talent, Heisman Trophy winners and conference championships, bowl wins and national title runs on a regular basis. During his 18 seasons at OU, his record was a remarkable 190-48. At only age 56, at the peak of his career, he stunned the college football world by walking away. For the first time, Bob opens up about his career alongside the evolution of the game itself. From his unlikely emergence as a star player at the University of Iowa, to his coaching apprenticeships under giants like Hayden Fry, Bill Snyder, and Steve Spurrier, Stoops recounts how the game he fell in love with as a boy has evolved into a billion-dollar business often compromised by recruiting wars, aggressive agents, overzealous boosters and alumni, and the emergence of the CEO head coach rather than mentor and teacher. Bob holds nothing back while explaining why it was time to step away from the game-and players-he still loves. Told with a rare combination of sincerity, vulnerability, and pure heart, No Excuses is both an engaging and eye-opening football memoir and an unprecedented portrait of a coach of one of the greatest legacy programs in the history of the college game.