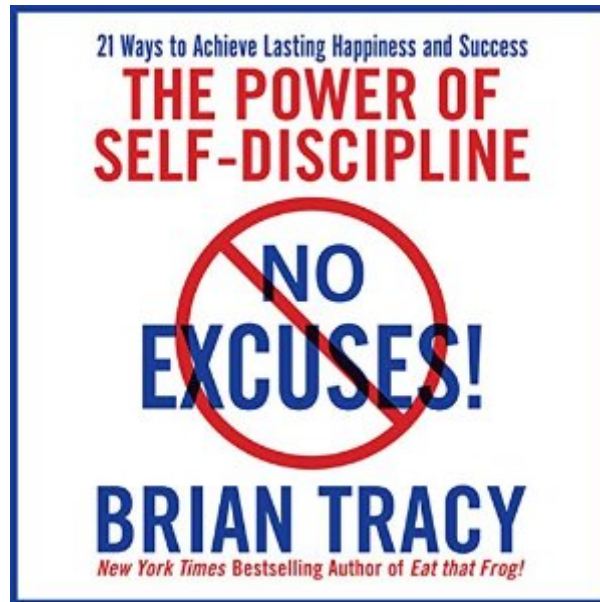


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# No Excuses!: The Power Of Self-Discipline For Success In Your Life



## 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 you how you can achieve success in all three major areas of your life: 1. Your personal goals. 2. Your business and money goals. 3. Your 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 who you think are just "luckier" than you. A little self-discipline goes a long way...so stop making excuses and read this book! --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

What's the secret of success? Self-discipline, of course. At least that's what self-help guru Brian Tracy claims in "*No Excuses! 21 Ways to Achieve Lasting Happiness and Success.*" Tracy's latest book describes how you can use self-discipline to become a successful, "superior" person in 21 areas of your life. Yes, Tracy does occasionally use the rather Nietzschean language of "superior

people" vs. "weak and irresolute people." But his advice throughout "No Excuses" is so sound, and the book is so readable, that Tracy may just convert you into a self-disciplinarian by the last page. He certainly had me interested long before that. What's Inside Tracy quotes Elbert Hubbard to define self-discipline as "the ability to do what you should do, when you should do it, whether you feel like it or not." He tells you how to employ self-discipline in 21 well-organized, easy to follow chapters. These chapters are clustered into groups of seven, which in turn make up the three parts of the book. Part I covers self-discipline and personal success. This part covers things like goals, courage, and persistence, and how self-discipline helps you master them. Part II tells you how to use self-discipline in business, sales, and finances. Part III talks about quality-of-life issues like personal health, fitness, and marriage, and how you can use--you guessed it--self-discipline to achieve success in those areas. Each chapter features a number of end-of-chapter exercises to get you moving in the right direction. Unlike many other books I've read, these exercises are good. Tracy truly helps you figure out where you are in each area of your life, and what you need to do to find success.

"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.

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