



It's Not My Fault: The No-Excuse Plan for Overcoming Life's Obstacles

Henry Cloud, John Townsend

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"It's Not my Fault!"

It seems like just a common, no-harm-done excuse. It can even seem like the truth. But according to Drs. Henry Cloud and John Townsend, it's really a dangerous, self-destructive trap that keeps you from the life you want to live.

Yet there is a way to turn the trap into a launching pad – and it's simpler than you think. Using eight principles, powerful true stories and their years of experience as professional psychologists, this best-selling author duo of *Boundaries* and other popular books will teach you the one skill you need to make empowering choices and start getting what you want out of your relationships, your career, your life.

Even if you've gotten a raw deal from other people, your DNA or life's circumstances, there is always something you can do to make things better. With the transformational insights in this book, Cloud and Townsend will help you get your focus off what you cannot control and break free from the blame game that sabotages success . . . so that you really can start living the life you choose.

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