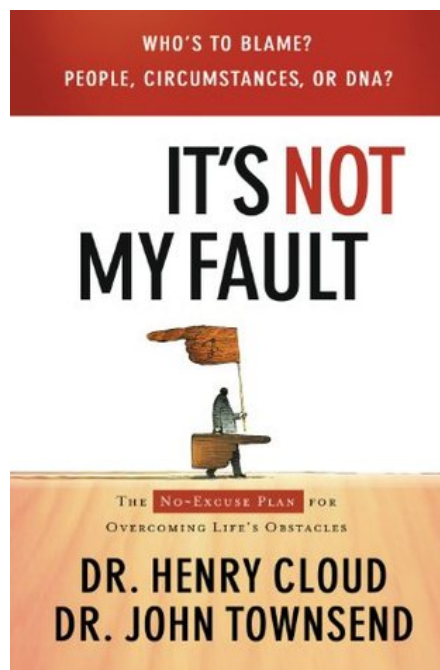




It's Not My Fault: The No-Excuse Plan for Overcoming Life's Obstacles

Henry Cloud

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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.

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

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Rafael Ortega II says

GAME CHANGER!

Highly recommend to anyone looking to make major changes in their life. Just reading this book will bring upon a positive change.

Aisha says

Good book. The unfortunate thing is that many who need this information will not be the ones that pick up this book! Even successful people who take ownership in their lives can find some small area they need work on. I enjoyed it and found it thought provoking - especially in regards to active/passive choices. Do I sit back and ask God to provide certain things or certain paths, or do I just use the brains he gave me and wise counsel and other factors and make the choice. Things to think on! Really deals with "victim mentality" - so you may want to read this book and give it to a friend or loved one! ;-)

Gordon Alley says

One of the best books that I have read and will continue to reread! It is a must-read for any parent, pastor, teacher, and leader. It should be mandatory reading for all at an early age. The authors tackle the following five areas in a person's life and shows one how to achieve true success even through very difficult situations. They are as follows:

Love
Work
Children
Relationship
Bad habits and personal issues

One of the most powerful truths learned is that others do not control my success or failure but rather I do. Realizing this powerful truth and changing my mind to take individual responsibility will result in success instead of medicating the problem. The attitude of "it's not my fault!" only provides temporarily relief from my pain. However, true success comes my way when I realize that I can change what truly controls me- not others but myself!

Mel says

Excellent reminder to step up and take ownership for your life. It's is often your fault, and when you stop making excuses for your circumstances you can make real changes and better choices. Henry and John have done it again. We are not victims of our circumstances. We have God to help us make those slide choices

that will shape our destiny.

Cherry Coley says

This is a practical book about taking ownership for your life, your circumstances and identifying excuses and obstacles you might be creating to keep yourself stuck. The book offers valuable insight and good solutions for identifying failures and limiting beliefs and turning them into valuable experience you can use to learn from and apply towards a better future. I really enjoyed this book. I listened to it on audible, but will probably purchase the kindle edition as well to make highlights for future reference.

Eric Loflin says

Very good! It started out being what I expected, only to morph into a much more life altering in depth discussion on how we live our lives. It was very insightful.

Rachel Krupsky says

Excellent book to add to ones library of "reads". It helps an individual feel less pressure that ALL that happens to them in life is not always their fault or caused by them. Not that the book and wisdom in it allows a person to make excuses to behave badly, or harm themselves or others. It just helps one realize some things in life are not of our doing and a lot are cause and effect. Every action has a reaction. And some consequences good or bad occur because of our choices in life, but some occurs because of someone else's choices and just being connected to them from heredity and or being at the wrong place at the wrong time and it just is what it is. LIFE!

Leah says

This book was great, very honest. It's all about the choices we make in life and how they can hinder us or help us move on into greater things. The authors address relationships, business opportunities, and tons of situations where we make choices that can affect the outcome for good or bad. Parts were hard to read, simply because they hit home. Great book though. Pretty much anything by these two guys is great.

Rachel says

The most awesome book ever! I just finished it and ready to start it all over again! If I can apply just one part of this book it will change my life! I think this should be required reading for everyone! (Like that's possible!) If you are reading this review, I hope you will get this book and read it too! It deserves 10 stars!

Dale says

This, easy to read book, is quite good and I found it helpful in looking at many things life throws at you. I found it at Half-Price Books in Mesa(they had a stack of them and other Half-Price Stores may have the same) priced for just a few dollars and well worth the price! I would recommend it to anyone and especially useful to those in recovery.

Lena Lee says

Read this book many years ago. Had things going great in my life until now, found myself many years later in situations beyond my control and this book immediately comes to my mind. Time to read it again to get ownership of my life again.

Christian says

This book will not only teach you to take control of your life, but has some solid "success principles" as well. I will read this book many times.

Nancy says

I really like Henry Cloud; he always gives good advice and shares interesting information from a Biblical perspective. He comes across like a really good, down-to-earth, nice guy who genuinely cares about you. Recommended!

Cary Sawatsky says

This book will take the legs out from under any excuse that you are using to keep you from being the person you were designed to be. However, it's much more than a kick in the pants, the author actually shows you what you need to do to correct your bad behaviors and your crutches.

Rick says

Sadly, I am one of the people this book is aimed at. I tend to play the victim of circumstances and find reasons to deflect the blame for things that aren't quite right in my life onto other people, onto God, onto upbringing, onto....what have you.

Drs. Cloud and Townsend pull no punches in showing the reader how to overcome faulty thinking, come to an understanding that there is always a choice available, challenge ourselves to stretch and take smart risks, say no to the things that block our dreams, and deal with failure in a way that does not paralyze us from moving forward and living the best life God has planned for us.

Each chapter makes effective use of models of behavior and insights from years of counseling patients in their practice. This is a book that will transform you from an excuse-maker to a dream-chaser!
