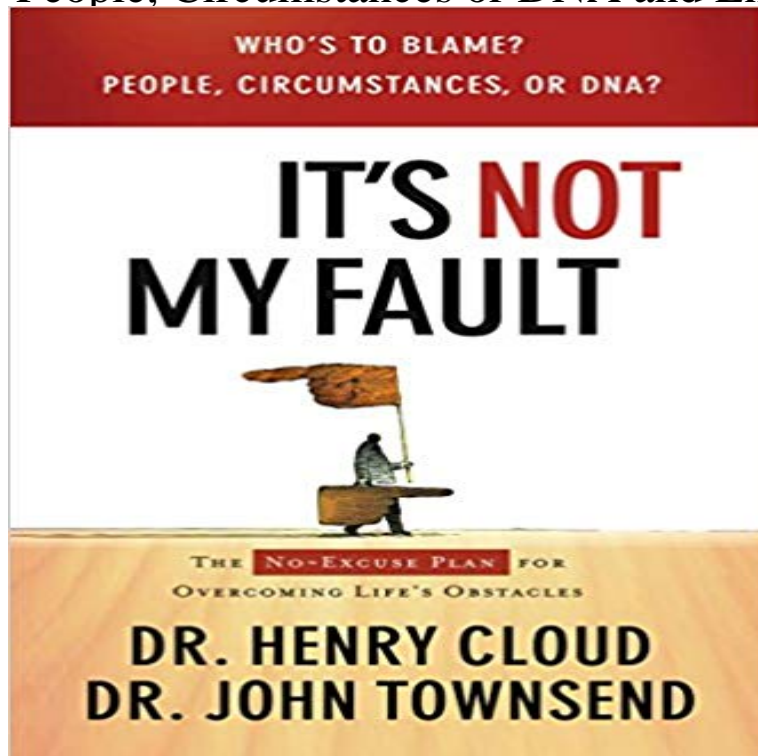


# Its Not My Fault: The No-Excuses Plan for Overcoming the Effects of People, Circumstances or DNA and Enjoying Gods Best



What seems like just a common, no-harm-done excuse - Its not my fault! - is often a dangerous trap, says Drs. Henry Cloud and John Townsend, because people dont recognize what the blaming mindset does to them. It not only keeps them from overcoming the effects of all that they cant control - like other people, circumstances and genetics - but separates them from a solution. And when they give away the ownership of their life, they end up losing the one opportunity they have to fulfill their dreams and enjoy Gods best. Using eight principles, a variety of true stories and their years of experience as professional psychologists, Cloud and Townsend enlighten readers on how to make empowering choices - and how to build the life they want to live. It may seem impossible but its true: taking personal responsibility is not only liberating, it is the best - and perhaps the only - way for a person to get what they really want out of life.

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