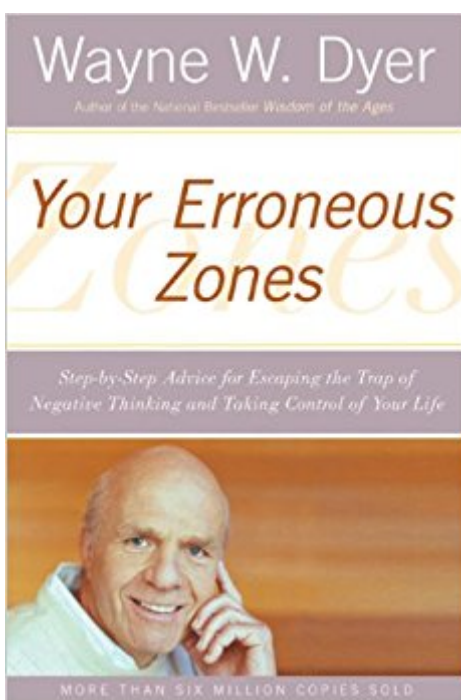


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# Your Erroneous Zones: Step-by-Step Advice For Escaping The Trap Of Negative Thinking And Taking Control Of Your Life



## Synopsis

THE RECORD-BREAKING, #1 NEW YORK TIMES BESTSELLER **OVER 35 MILLION COPIES SOLD**The first book by Wayne Dyer, author of the multimillion-copy bestseller *Pulling Your Own Strings* and national bestsellers *There's a Spiritual Solution to Every Problem* and *Wisdom of the Ages*, a positive and practical guide to breaking free from the trap of negative thinking and enjoying life to the fullest.If you're plagued by guilt or worry and find yourself unwittingly falling into the same old self-destructive patterns, then you have "erroneous zones" — whole facets of your approach to life that act as barriers to your success and happiness. Perhaps you believe that you have no control over your feelings and reactions — Dyer shows how you can take charge of yourself and manage how much you will let difficult times and people affect you. Or maybe you spend more time worrying what others think than working on what you want and need — Dyer points the way to true self-reliance. From self-image problems to over-dependence on others, Dyer gives you the tools you need to break free from negative thinking and enjoy life to the fullest.

## Book Information

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## Customer Reviews

'An inspiring book on self-esteem' - NEW WOMAN 'Light, humorous and enlightening' - PUBLISHERS WEEKLY --This text refers to an out of print or unavailable edition of this title.

From the author of the multimillion-copy bestseller *Pulling Your Own Strings*, positive and practical advice for breaking free from the trap of negative thinking and enjoying life to the fullest.If you're

plagued by guilt or worry and find yourself unwittingly falling into the same old self-destructive patterns, then you have "erroneous zones"--whole facets of your approach to life that act as barriers to your success and happiness. If you believe that you have no control over your feelings and reactions, you give up the many choices that are available to you. Dyer shows how you can take charge of yourself and manage how much you will let difficult times--and people--affect you. If you spend more time worrying what others think than working on what you want and need, you will always be disappointed. Dyer shows that only you can make yourself happy and points the way to true self-reliance. If you are still caught up in old labels for yourself and an out-of-date self-image, you cancel out your present potential. Dyer shows how you can break out of the patterns of the past to become fulfilled in the present. If you depend upon others for your well-being, you lose yourself. Dyer shows how to take control of your own needs and learn to give and receive love without limits.

“With death so endless a proposition and life so breathtakingly brief, ask yourself, “Should I avoid doing the things I really want to do?” “Should I live my life as others want me to?” “Should I accumulate?” “Is putting it off the way to live?” Chances are your answers can be summed up in a few words: Live! Be You! Enjoy! Love.”

“Not to succeed in a particular endeavor is not to fail as a person. It is simply not being successful with that particular trial at that particular present moment.” ~ Dr. Wayne W. Dyer from *Your Erroneous Zones*

*Your Erroneous Zones* was Wayne Dyer's first book and I love the stories he tells about how hard he worked to help make it a best-seller (over six millions copies sold!). It's a no-nonsense, straight to point, how to quit letting negative thinking dominate your life kinda book. Just the kind I love. :) If you've read any of Wayne Dyer's books, you know that one of his primary messages is: “Change the way you look at things and the things you look at change.” “If we intend to take charge of ourselves and change our lives by changing the way we look at things, we can do so casually. We can't just try on some new thoughts for size. We've gotta have the determination to be happy and then challenge and destroy each and every thought that creates self-mobilizing unhappiness for us. So, what thoughts do you KNOW aren't serving you? Now a good time to destroy them? Let's have some fun exploring some of my favorite Big

Ideas:1. Taking Charge - Of yourself.2. Self-Reliance - A veritable religion.3. Self-worth - vs. Other-worth.4. There Is Nothing - To worry about!5. Guilt - Is useless.What would you be doing if you had six months to live? If you're not currently doing that, what are you waiting for?More goodness including PhilosophersNotes on 300+ books in our \*OPTIMIZE\* membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

I got this book originally in sort of rough condition from a used book sale and I devoured it! Since i wanted to reread it i checked of course and found the old mass produced version from the 70s when it originally came out and as old as it is, this book is in like NEW condition!!! Was thrilled to get such a good price on an old book in perfect condition! I can't wait to read it again. It's a truly enlightening book full of frankness and anecdotes. It was a huge life changer when I first read it!

I might have to read it again. I did not get the aha! moment Drew Carey talked about and that's why i bought the book in the first place. He was explaining how this book helped him realize what he was doing wrong that kept him from losing weight and other stuff. This book is not about losing weight don't get me wrong. I bought it because I was going through difficult times and I knew most of them where coming from within but I just needed help without having to run to a psych.

It took reading only 30 pages of this amazing book to have a complete mental breakthrough. I was able to recognize the root of my depression and self degrading habits I had picked up. This is definitely worth a read and could possibly change your life like it has mine if you approach it with the right mindset.

Many, many years ago, I picked up this book at my neighbor's house. It fell open to a page that asked, ...."are you doing what you'd choose to be doing if you knew you had six months to live?"I said to myself, "NO"! I bought the book, read every word and finally had the courage to change my life for the better. The book is yellowed, dog-eared with many underscored sentences, so I bought a new copy. Dr. Dyer is like an old friend who is always there when I am troubled and need support. I want him near me always, so now he is on my Kindle as well!

I see the transition in Wayne's format from a strong Psychologist to a true caring spiritual teacher of prosperity and higher consciousness in which he relays to his reader through imagination and

meditation the ability to create their own reality in his latest books. "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." Albert Einstein

Not a bad book. A little different than *The Strangest Secret*, *The Magic of Thinking Big*, Tony Robbins books, Denis Waitley books. But the message is essentially the same---stop beating yourself up; stop with the self defeating thoughts that essentially translate to putting yourself down. You are as good as anybody else and you shouldn't place anyone above you. Be a in a word-without it sounding negative- but be arrogant. Be the benchmark; be the standard--you're just as important as anybody else. You get the idea.

This was good 40 years ago and is just as relevant today. Sometimes we get stuck in our habits and patterns of thinking. It's just amazing how we think and do the same things over and over and expect a different outcome! If you haven't read it, you should. Dyer has produced many more books since then, but this is the one that started it all.

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