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Dont Bullsh T Yourself Crush

Don't Bullsh*t Yourself! is Jon Taffer's brutally honest, no-nonsense guide to help you kick those excuses to the curb. If you can stop bullsh*tting yourself and address your real issues, you will gain the power to turn your life around completely.

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Don't Bullsh*t Yourself!: Crush the... book by Jon Taffer

This book is almost as good as having Jon in your face on Bar Rescue, telling you the hard truths you've been avoiding. Don't Bullsh*t Yourself is Jon Taffer's brutally honest, no-nonsense guide to help you kick those excuses to the curb.

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Don't Bullsh*t Yourself! : Crush the Excuses That Are Holding You Back by Jon Taffer (2018, Hardcover)

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Do These 6 Things to Crush the Excuses That Are Holding

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Don't Bullsh*t Yourself!: Crush the Excuses That Are Holding You Back Jon Taffer (Author, Narrator), R.C. Bray (Narrator), Penguin Audio (Publisher)

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Praise For Don't Bullsh*t Yourself!: Crush the Excuses That Are Holding You Back ... "I've written nine books myself and you often say there's not much new under the sun but I have to tell you, Jon, well done on your new book." — Dr. Phil on the Dr. Phil Show

Don't Bullsh*t Yourself!: Crush the Excuses That Are ...

One way to do it is to learn how to see an excuse for what it is (a false premise), identify the real issue underlying the excuse making, and address it in a straightforward, unemotional way." . — Jon Taffer, Don't Bullsh*t Yourself!: Crush the Excuses That Are Holding You Back.

Don't Bullsh*t Yourself! Quotes by Jon Taffer

Taffer shares his approach to “embracing solutions rather than excuses” in his book Don’t Bullsh*t Yourself!: Crush the Excuses that are Holding You Back. In this easy-to-read book, Taffer takes a no-nonsense approach in challenging six of the common excuses people use to “explain” their circumstances and keep themselves stuck.

Don't Bullsh*t Yourself!: Crush the Excuses that are ...

This week, we speak with Jonathan Taffer, who is best known for creating the NFL Sunday Ticket (the predecessor to NFL Red Zone). He was one of the first inductees in the Nightclub Hall of Fame. He is the creator and host of the reality series “Bar Rescue,” and author of Don’t Bullsh*t Yourself!: Crush the Excuses That Are Holding You Back.

MiB: Jon Taffer - The Big Picture

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