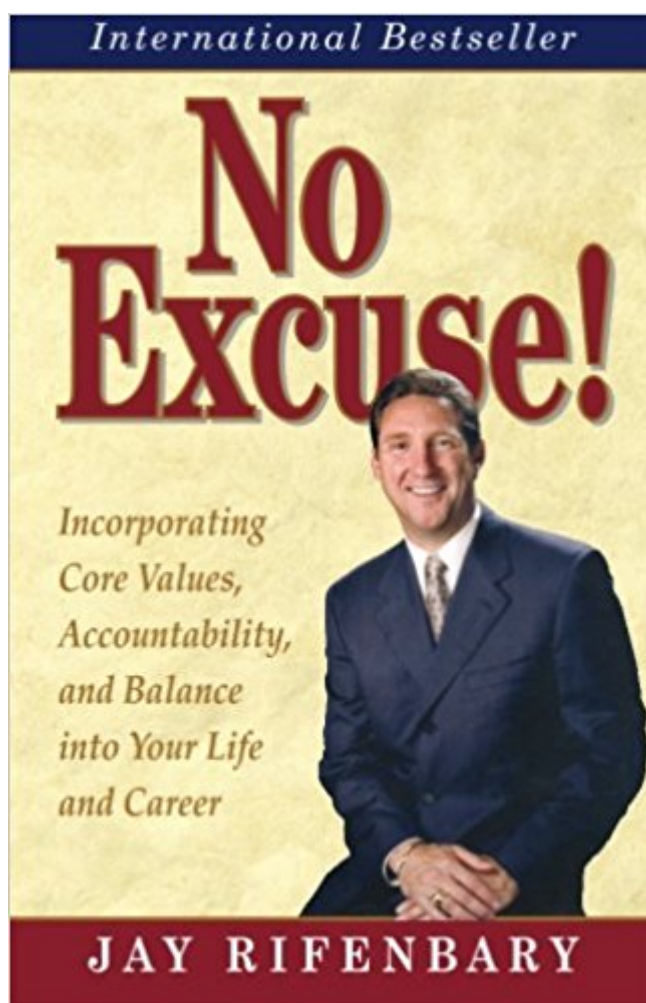


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# No Excuse! Incorporating Core Values, Accountability, And Balance Into Your Life And Career



## Synopsis

â œJay Rifken has given the world a most generous gift. Anyone who reads this book and applies the No Excuse! philosophy daily can create the life they want and make a difference.â •

â ”Jack Canfield, CPAE, President, Jack Canfield Coaching, Bestselling Co-Author of Chicken Soup for the Soul This â œInternational Bestsellerâ • gives you a treasury of ideas to help you overcome obstacles and achieve excellence. It provides a concise plan for increasing personal responsibility in our homes, at work, in our businesses, and in all other areas of our lives. The book helps organizations and individuals increase this sense of ownership so they can truly succeed, live a better life, and be happy. Youâ™ll learn how to live the No Excuse! Lifestyle built on a solid foundation of self-responsibility, purpose, and integrity, without which failure is inevitable. Then youâ™ll discover the secrets of the innovative THESAURUS FACTORâ™ 12 key principles that are essential for personal, professional, and business success. No Excuse! is filled with anecdotes to clarify key points, while its inspirational messages will touch your soul and lift your spirits. Every chapter wraps up with an Action Plan for easy reference and application. Youâ™ll Discover... â ¢

- â ¢ Why you need to forgive, and how to do it so you can move on. â ¢
- â ¢ How to live a self-esteem lifestyle for greater happiness and success. â ¢
- â ¢ How to elevate your attitude and enthusiasm so you can be more productive and inspire others to take action. â ¢
- â ¢ How to sustain self-control for personal and professional excellence. â ¢
- â ¢ How to always be honest with yourself and others for utmost integrity, â ¢
- â ¢ Why you need a dream and how to discover it and set goals to achieve it. â ¢
- â ¢ How to upgrade your knowledge and skills to get the results you want. â ¢
- â ¢ How to understand people and personalities for more effective communication and leadership. â ¢
- â ¢ How to honor your family and friends for personal happiness and joy. â ¢
- â ¢ How to upraise your determinations to make your dreams come true. â ¢
- â ¢ Over 100 quotes and affirmations for inspiration to keep you going. â ¢
- â ¢ How to truly succeed for a happy, fulfilling, and well-balanced life.

â œJay has found the key to personal power, internal motivation, and individual excellence! This book gives a simple, practical blueprint for outstanding performance. Everyone needs to read it.â •

â ”Brian Tracy, CPAE, Speaker and Bestselling Author â œI read your book! Exciting! Filled with good stuff. Have quoted you in two speeches and two TV shows this week.â •

â ”Ty Boyd, CPAE, Executive Communications and Coaching â œIâ™m very impressed with No Excuse! Youâ™ve gathered a wealth of knowledge and compiled it into a simple, clear, concise volume. I hope its circulation spreads far and wide.â •

â ”Robert A. Rohm, PhD, Pres., Personality Insights, Inc. â œWell done...No Excuse! is a tough but caring view of the mission of our lives...read it and use the principles. I recommend it wholeheartedly.â •

â ”Larry Wilson, CPAE, Co-Author of The One Minute Salesperson â œYou have

no excuse for not reading No Excuse!...or for accomplishing all that youâ™re capable of achieving as a result! Jay's No Excuse! Action Plans could positively change your life.â•â"Michael P. McKinley, CPAE Former Pres., National Speakers Association âœNever before in my lifetime has this society needed the philosophy contained in these pages more. In business, government, education, and religion the time is now to stand up and be totally accountable for our actions. The antithesis has failed miserably in socialist countries as well as in social programs in our great nation. Itâ™s time to stop expecting government to coddle us from cradle to grave. Itâ™s time to be a No Excuse! person.â•â"J. Charles Plumb, Bestselling Author of Iâ™m No Hero, Former Vietnam POW Jay is a graduate of West Point, former Airborne Ranger, sales executive and entrepreneur. He speaks for Fortune 500 corporations, organizations, and schools throughout the US.

## Book Information

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## Customer Reviews

"Tremendous! This book has it all...success begins and ends with 'No Excuse!'...a living classic...a life-changing experience." --Charlie "Tremendous" Jones  
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Jay Rifenburg, husband and father, is a professional speaker, trainer, and consultant, and founder and president of the Rifenburg Training and Development Center. He is a graduate of the United States Military Academy at West Point and was a qualified Airborne Ranger and Military

Commander. He was also a top-ranking sales professional, corporate manager, and entrepreneur. Jay brings a unique background of interpersonal skills, military experience, and business acumen to each of his speaking and training engagements. He is sought after as a speaker and author on personal development/success, motivation, leadership, communication, team building, and family and interpersonal relationships. Jay speaks for Fortune 500 companies, direct sales/network marketing organizations, associations, government, and schools across the U.S., and is also available internationally.

I was recommended this book by a mentor of mine--primarily because the author goes into detail about the levels of commitment a business owner can go through and use this to determine if you are using it as a hobby or if you are extremely committed to its (and your) successful outcome. What I had challenges with are the size of the print, the every other sentence, use of the title No Excuse! and the military style, in your face flow. The ideas are good and solid, but the flow of the words are not smooth at all and I found myself struggling to read more than 20-30 minutes at a time. I have not completed the book, and books like this are usually hard for me to put down, but this one is taking some "stick-to-it ness" to finish. You will learn from this book--I recommend pushing through and embracing his ideas.

Since Jay wrote this book I have purchased many copies to share with co-workers and family. When my son recently moved to Chicago to start his first job out of college I gave him 3 books that have influenced my life tremendously. This was top of the list. When the principles outlined in this book are applied, life truly is more meaningful and less frustrating.

This was the first of many books I have read over the past 15 years, and is one of the most outstanding and memorable lessons. No Excuse! The attitude of accepting responsibility for one's actions is a core value that when adopted allows individuals to make huge progress in communication, career, and relationships. When responsibility for actions is accepted there is no blame. Only then is there total control where not only does one take ownership of outcomes but also the rewards that result. This book has been most impactful and highly recommended.

Very inspirational book!! You will enjoy this book, I promise!!

Practical advice with a lot of great stories to help drive the points home. I LOVE this book. I have

bought it at least 5 times now as I end up giving it to someone that I feel could benefit from it. Jay is also great if you get a chance to see him speak live.

Jay Rifenburg is a great motivational speaker. He did an opening speech at a conference that was held at my college and it was one of the best speeches I've heard. Hence, I went and purchased his book...In terms of shipping and condition: the shipping was quite expedite and the condition was as advertised. I am pleased with this purchase.

I have read several of this style book, they all help you get mentally organized, if you use it it helps.

No Excuse is a must read for anyone wanting to achieve more in life. I've read it several times over the years.

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