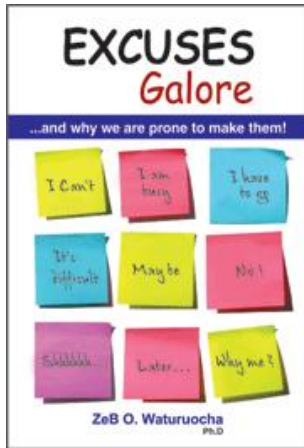




## Excuses Galore ...and Why We Are Prone To Make Them!



**Author:** Zeb O.waturuocha  
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This book is about the excuses that we make. You will read and understand the meaning of excuses in its various forms and sources, difference between excuses and reasons as also different types of excuses. You will also read about why people use excuses and probably compare them with your own reasons for making excuses. As you go on in the chapters, you will come across the impact of excuses in some of our daily activities. For e.g., Excuses and Dissonance, Excuses and Relationships, Excuses and Emotions, Excuses and Personal Effectiveness, Excuses and Teamwork, Excuses and Procrastination, etc. The objective of the book is not to prescribe norms for excuses or reasons but for the reader to become aware of the fact that excuses are distinct from reasons and that excuses impact every aspect of our lives. Excuses have become part of our daily lives to such an extent that we have become oblivious to their effect on our personal, professional and social lives; our personal effectiveness and relationships. If this awareness is driven home, the reader then has a choice to continue to use excuses as reason or decide to use reason rather than excuses.

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