



# Your Erroneous Zones: Step-by-Step Advice for Escaping the Trap of Negative Thinking and Taking Control of Your Life

By Wayne W. Dyer

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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.

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### **Editorial Review**

#### **Review**

'An inspiring book on self-esteem' - NEW WOMAN 'Light, humorous and enlightening' - PUBLISHERS WEEKLY

#### **From the Back Cover**

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- If you are still caught up in old labels for yourself and an out-of-date self-image, you cancel out your present potential.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.

#### **About the Author**

Dr. Wayne W. Dyer was the bestselling author of 20 books and had a doctorate in counseling psychology. He lectured across the country to groups numbering in the thousands and appeared regularly on radio and television. He passed away in August of 2015.

### **Users Review**

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#### **Nicholas Williams:**

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**Patricia Ramirez:**

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