



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

Wayne W. Dyer

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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.

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

Date : Published August 21st 2001 by William Morrow Paperbacks (first published August 1976)

ISBN : 9780060919764

Author : Wayne W. Dyer

Format : Paperback 256 pages

Genre : Self Help, Psychology, Nonfiction, Personal Development



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Eman. says

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Gloria Elena . says

Este es el único libro que recuerdo, que cambió mi vida, en su momento.
Yo lo leí a los 18 años. Empecé a ver mis relaciones con los demás de manera diferente.
En ese tiempo estaba lejos de tener las experiencias y el conocimiento que tengo hoy, más aún, después de estudiar psicología, por eso ese libro en su momento me ayudó a abrir los ojos, a no caer en las trampas de los demás (que quizás crean sin intención), a no manejar culpas ni dejarmelas imponer, a no caer en manipulaciones, etc., etc.
Es un excelente libro, que siempre he querido volver a leer.
A lo mejor hoy muchas cosas me parezcan obvias, pero se que puede ser muy enriquecedor para muchas personas.

Mariam says

This book just makes a lot of sense. It completely blew my mind! Herein, Dyer presents us with a completely different paradigm, a new lens from which to look at ourselves and the world. He introduces very many fundamental principles on right living, most of which we are already aware of, but unwilling to apply or fear the consequences of doing so - being that we live in a society wherein we are constantly bombarded on a daily basis with hundreds of cultural messages that encourages us to obey, to conform, to think and behave a certain way, to blame, to seek approval & acceptance, to feel guilt, etc. I'm giving myself time digest everything I've read, the paradigm shift I've experienced, then read the book AGAIN before attempting a "proper" review of this amazing piece of work.

Delara Emami says

honestly, I don't know why it received a 3 star rating. This book changed my outlook! Dyre teaches us that Approval seeking is engrained in our culture. Some feel guilt and shame and are constantly seeking approval

doubting themselves and not being able to decide or process their feelings to achieve compromise or a rational result. They value people's opinions more than they value their own especially if those people they seek approval of are close and important to them. This develops at a very young age. It has to do with self-worth yes, but it develops at school, in our culture, from our parents' attitudes. The best thing about this book is it gives you a very nice little test to take to determine which areas you really need to work on, Approval, Self-Love, Perfectionism, etc... I would recommend this book to anyone who has always doubted their own abilities and struggle with dependency and reliance on others to make their decisions for them. It teaches you how to disarm people who criticize you and makes you realize that people have different experiences, right or wrong. If you open yourself up to negativity, to vulnerability, then most people will tend to dump their insecurities on you. It teaches you to accept responsibility for your actions, to stop worrying about the future, to live in the now, and to stop saying sorry and apologizing for every single thing, mistake or not! One more thing, stop asking this or that person if your judgement is right or wrong. Think it through, write the negatives and positives (pros and cons) of feeling the way you do and then rationalize it. This will stop your impulsive behaviour to lash out. You think relationship books help? THEY DON'T! These books do! If you want to have a meaningful relationship, start by building yourself, by accepting your mistakes, but not beating yourself up for it. The more you think positively, the more radiant and attractive you feel, and the more assertive your behaviour will be. Let me say that I am stating the obvious, and it is easier said than done! But running a marathon will probably be easier than changing your self-defeating habits. It will take time, take focus, (read Think Fast Think Slow) and it will take a lot of verbatim with yourself. Don't expect others to help you along the way, to seek marriage in order to seek security, to seek love for the sake of running away from your problems. The end result is disastrous! Seek instead self-love, self-worth, and accept people for who they are, accept what they say but never internalize it. you never know what people are really thinking, and you can never truly trust a person's judgement until you trust your own first! It is a book I will read and re-read and re-read! The one thing to keep in mind is that you need not only to read but to practice the things you've learned. So stop beating yourself up, compromise, disarm those who feed your negativity, and rationalize by taking nothing personally and start living your life the way you want and stop worrying about what others think of you. Accept love, stop fearing the outcomes, predict nothing, and enjoy every single minute! I hope this helps!

Karen says

I love Wayne Dyer so when I was helping my MIL clear out and organize her huge book collection and found this old gem, I asked if I could have it. Let me tell you, it does not disappoint. Written in 1976 and his first book, it reads like he wrote it last week. Straight forward and real, this book will hit home for everyone! I'm going slow and learning, learning.

Jenny Baker says

The audiobook is only an hour and a half, because it's abridged, but it's packed full of helpful information. Here are my favorite points:

We have control of our feelings. We have the choice of how we process other people's opinion. Esteem lies within you, not in other people. That's why it's called self-esteem.

"As you think, so shall you be."

"You are what you think about all day long."

If you put a label on yourself such as "I am..." and your label becomes your reality, then you're acting on that and processing that as who you are. It's a neurosis trap. It's self-defeating. These "I am" statements are a choice. You can choose the kind of personality you're going to have. It's not something you're stuck with. If you say "I'm disorganized," it's because you choose to be. You can be any way that you want to be.

You can do anything!

Don't let an old person move into your body.

Guilt is the immobilization of living in the past. It's very powerful and gets people to conform. Ask yourself, "Instead of feeling guilty now, what could I be doing? What am I avoiding?" Teach people that guilt no longer applies.

Worry immobilizes you in the present about the future. Again, what could you be doing now if you didn't worry?

Ask yourself, "Does it immobilize me in the present?" If so, then get rid of it.

When the student is ready, the teacher appears. For example, you may have a book on your shelf at home for decades before you actually read it and realize how much valuable information it contained.

Security is an illusion.

You have to make the decision to change. It's a fear of moving into new territory that keeps you where you are and the fear is only in your mind. A new, healthy, fulfilling, exciting and exquisite life is only a thought away.

Don't keep looking for fairness, justice or for everything being exactly equal. Stop comparing yourself to others and keep your nose out of other people's garden.

If you want to get ahead in life and all that you know you can make of it, then you have to say to yourself, "Why am I choosing not to do that?"

What you think about expands. If you argue for limitations in your life, that's what you'll get. If you argue for happiness, that's what you'll get.

Anything you can visualize you can act upon.

You won't be punished for your anger, you'll be punished by your anger. When you're angry, you're carrying around the seeds of your destruction and the destruction of others. It's not the act that makes you angry. It's how you process the act that does.

I highly recommend this book to anyone looking to read something inspiring that helps you to change your mindset.

Reem says

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Roula says

Σχεδον καθε καλοκαιρι πεφτει στα χερια μου κατα εναν περιεργο τροπο, ενα βιβλιο αυτοβελτιωσης.θες απο εναν γειτονα που το προτεινει, θες επειδη εχει ξεμεινει στο εξοχικο..καπως θα καταληξω να διαβαζω ενα τετοιο βιβλιο παντοτε ξεκινωντας με την επιφυλαξη "καλα τι αλλο θα μου δωσει τωρα αυτο το βιβλιο περα απο ολα οσα εχω παρει απο οταν τα ειχα διαβασει με το τσουβαλι στο παρελθον?".κι ομως..οπως εχω ξαναπει, αυτα τα βιβλια τελικα ειναι θεμα timing.μπορει να εχεις διαβασει δεκαδες απο αυτα στο παρελθον, αλλα αν πεσει ενα απο αυτα στα χερια σου οταν το ζητα μια αναγκη μεσα σου, γινεται το κλικ.ετσι συνεβη κ σε μενα με τον κυριο Ντυερ.διαβασα τα λογια του σαν βαλσαμο σε πληγες και αναγκες που εχω μεσα μου και που ισως δεν τους δινω πολλη σημασια.ειδα ποσο εχω προχωρησει ? και οχι απο την τελευταια φορα που κοιταξα πραγματικα μεσα μου.το βιβλιο αυτο δε λειι ουτε μεγαλες φιλοσοφειες ουτε δινει τις μαγικες λυσεις.αλλα λειι απλες αληθειες που αφορουν ολους οσους θελουν να τις ακουσουν και να τις δεχτουν και να γινουν καλυτεροι.

Regina Andreassen says

Fantastic! I read it when I was still a teen and then I have read it again a few years ago. The best book of its kind. All those new cheesy, overly simplistic authors who are proclaiming they 'know how to find happiness and will take you there'and are now at Harvard delivering subjects on 'Happiness', should probably learn from Dyer. That said, Dyer's writing style has changed and I don't enjoy his actual work as much as I enjoyed his early work...but I don't buy 'happiness' books anymore, anyway.

Gadeer Al-Shathry says

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Bob says

Your Erroneous Zones is simply one of the greatest self-help books ever written. For people just beginning to read self-help or spiritual books, this book is a great place to start. It is nearly imperative that if one reads any book by Dr. Wayne Dyer that they start with this book. By reading his books in order of copyright, the amazing shift in his philosophy and interests over the years can be witnessed.

Dr. Dyer has written so many books, but important books to follow with this one are "Pulling Your Own Strings," "Your Sacred Self," and "Manifest Your Destiny." Later works include "Change Your Thoughts - Change Your Life: Living the Wisdom of the Tao."

Your Erroneous Zones is a book for people who are just beginning to discover that we all have thoughts that do not serve us towards living a self-fulfilled life. We are given erroneous viewpoints from childhood and can live a more self-actualized life by becoming aware of our self-defeating thoughts.

<http://www.returnoftheway.com/>

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[illegible]

Υπ?τιος Βαρελ?ς says

Many people will hate me for my review, others will be puzzled. But it can save your life. Literally. This book is a fine example of how (literally) dead wrong a guru with no scientific knowledge can be on his ideas and beliefs, which however seem nice and adorable and people follow them with no further research.

There are many, many false ideas, assumptions, conclusions that violate human physiology and how our mind works (which can also affect our health!), such as

- Our thoughts create our feelings
 - You can choose your thoughts by decision and that will change your feelings
 - You can choose health over illness
 - By changing the words you use, you can change your reality
 - You can replace you erroneous beliefs by new positive ones just because you want to
 - You can ignore your negative emotions like they don't exist
- ... and many, many others.

The core philosophy of this book is that we can all change our life just by changing our ideas and beliefs. Although it does spot ideas and beliefs that cause trouble, it fails miserably in how to change them and in fact suggests ways that can be detrimental to our emotional and, in the end, our physical health. I don't want to sound cruel, but Wayne Dyer failed to choose his own health over illness. He struggled with leucemia for some years and finally died from heart attack and his people tried to convince us that his cause of death was irrelevant to his illness. Even if it's true, heart attack at 75? A man who had found ways to think positive and live happily without stress? Please spend some good time thinking about it.

Biology and neuroscience have proved the bad effects of ignoring and suppressing our negative thoughts and emotions on our body and eventually our health. Psychology has found ways of intervention that are much more effective and healthy than the ones suggested in this book. What we have here is a book written in 1976 by a man who clearly does not know how our brain works and is lost in phenomenology.

By using nice words, comforting language and blaming "bad thoughts" this book may have affected millions of people and probably did some damage to many of them. Especially if you are sick, I suggest that you stop reading this book and others like that to save your life. Respect your negative emotions and thoughts and use healthy ways of administering them, changing your mind reality and processes and improving your life such as meditation, mindfulness, contemporary techniques of positive psychology and if things get serious ask for help such as Mindfulness based Cognitive Behavioural Therapy (MCBT), Emotional Freedom Techniques (EFT) or other healthy interventions. This book is so wrong and dangerous that I wouldn't suggest reading it even for the few nice ideas you can find there.

Claudine says

I read this book while in the midst of a nervous breakdown time in my life, I had alot of questions, without answers I began to suffer tremendously...Dr. Wayne Dyer helped me to understand the reasoning behind why I put my thoughts into play and how I can move to change the way I think without compromising myself. Amazing thought provoking writing and I read this book about once every three to four years, it is definitely therapeutic and insightful!

Read or watch any of Dr. Wayne Dyers publications he is a very knowledgable man with a powerful ability to make you understand without preaching to you.

Nayerreh Ahmadian says

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