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If you can stop bullsh\*tting yourself and address your real issues, you will gain the power to turn your life around completely. Taffer breaks excuses down into six major categories, illustrating them with real-life examples such as Marcus Luttrell, the lone survivor of a SEAL team

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failing bars (which ultimately comes down  
to...

~~Do These 6 Things to Crush the Excuses~~

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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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1. Fear 2. Lack of knowledge 3. Lack of time 4. Circumstances 5. Ego and lack of confidence 6. Scarcity (lack of funds or resources)

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Details: Jon Taffer, the popular host of Spike TV's Bar Rescue, doesn't sugarcoat - he tells it like it is. In Don't Bullsh\*t Yourself!, he teaches you how to stop fooling yourself and turn your excuses into solutions, to improve your life and

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