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Brian Tracy did a fantastic job with this book, it's truly a life changing book. In this No Excuses book review I'm presenting you with my 5 favorite ideas. ShockingFit.com™ - w/ Mario Tomic

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### **No Excuses! by Brian Tracy, Hardcover | Barnes & Noble®**

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Negative Emotions. In the book of No Excuse by Brian Tracy, negative emotions causes a lot of illness to our bodies and one major cause is psychosomatic illness. This is when the mind (psycho ...

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