



Blame Game

by William Klemm

Benecton Press, 194 pp. \$14.95

Reviewed August 2009, p. 12, 13

Have you ever caught yourself making an excuse to someone, or possibly even yourself, for receiving low grades in a class, not getting that job promotion or missing a deadline? If so, then you have already completed the first step toward making yourself happier, according to Dr. William Klemm's *Blame Game: How To Win It* self-help book.

Klemm, a firm believer in shaping your own happiness, says the first step on the road to self-improvement is to realize when you are blaming other people or circumstances for your own shortcomings. Only then will you be able to move on to *Blame Game*'s next four steps and learn how to free yourself from the factors that are keeping you dissatisfied with your life. These steps include moving from denial and deception, accepting responsibility, re-programming the brain to reduce the thoughts and behavior that prompt excuses and running the new program and making it work.

Klemm, a professor of Neuroscience at the College of Veterinary Medicine and Biomedical Sciences at Texas A&M University, specializes in analyzing and explaining mental processes. With the publication of his last book on memory, *Thank You Brain*, and seminars at various colleges on "Better Grades, Less Effort," Klemm provides answers for self-help book fans looking for direction and motivation in their lives.

When writing *Blame Game*, Klemm says he drew from his personal experiences as he was growing up and "learning how to take responsibility, be productive, and be happy." He relates a specific experience in graduate school that changed his entire perspective on receiving negative criticism. A strict professor constantly criticized Klemm's work despite his constant attempts to improve until one day the professor took Klemm aside and pointed out that any time his academic performance was being attacked, Klemm would make an excuse. This sparked his interest in evaluating and creating methods with which we can avoid making excuses and take active responsibility for the outcomes of our lives.

Praised by celebrity psychologist Dr. Laura Schlessinger and TV minister Dr. Robert Schuller, *Blame Game* urges you to love yourself and to find a lifestyle that makes you happy. Excuse making only creates obstacles to personal fulfillment and happiness. Klemm invites you to avoid these obstacles by utilizing his book as "debt relief for the high costs of making excuses."