

THE MIDWEST BOOK REVIEW

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The Self-Help Shelf

Blame Game. How To Win It

W. R. Klemm

Benecton Press

9001 Grassbur Road, Bryan, TX 77808 9780975522530, \$14.95, www.amazon.com

When bad things happen the all too familiar response by all too many people is to find someone else to blame for it happening to them. Folks who didn't have a sufficient income to justify buying a home and who are now caught up in the mortgage foreclosure crisis can find themselves tempted to blame rapacious lenders and/or a negligent government that deregulated the financial industry. When marriages fail each spouse seeks to pass off responsibility for the divorce to the other. It's a rare prisoner who doesn't attribute their imprisonment to flaws in the U.S. justice system, minorities who attribute their hardships to racism and discrimination, parents with children failing to learn in seeing the problems at the schools and not within their own homes. The list of blame-passing grievances goes on and on. What scientist, educator, author, and public speaker W. R. (Bill) Klemm has done with writing "Blame Game: How To Win It" is to reveal the hidden personal costs of making excuses and blaming others for the shortcomings (both real and perceived) within our own lives. Professor Klemm presents a five-step program for helping readers to recognize when excuses are being made, move away from denial and self-deception, accept responsibility, re-program the brain to reduce the thoughts and behaviors that prompt excuses, and to make their new program work to improve their enjoyment and success in life. Essentially, "Blame Game" is a thoroughly 'user friendly' and highly recommended 'how to' manual for the non-specialist general reader to effect enduring and positive changes in their personal and professional lives.