

***Blame Game: How to Win It***

W.R. (Bill) Klemm, Ph.D.

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Reviewed by Danelle Drake for Reader Views (10/08)

“Blame Game: How to Win It,”--when I first saw the title I thought of the books that our girls purchase to accompany and conquer video games. The books are giving you all the secret doors and instructions on how to get the extra points thus earning quicker, almost instant gratification. Winning is always good and winning the blame game would be WOW! Needless to say, I jumped into this book with tons of anticipation and great expectations.

Explaining why we react the way we do to situations was only the beginning. Blame is always the easiest thing to do. Divided into five steps that are easy to understand, follow, and unlike many self-help books, actually do-able. By the time you read through step three you are ready to reprogram your brain. Step 4 begins the process and step 5 gives guidance for the future. Each section has “help pages” that will reiterate the information learned while pinpointing your issues to be dealt with. Yes, it’s hard, but you have to write it all down. Trust me, you will feel much better for it. Focus blocks that are encouraging and insightful thoughts are included to make you take a moment and think. Personally, I found these very helpful and inspirational by copying the thought onto note cards and placing them in visible locations in our home. My favorite: “We learn our counterproductive attitudes and behaviors, and we reinforce them by repetition.”

“Blame Game” is very well written. Klemm takes very complex issues and breaks them down in an easy-to-understand process. If you feel you are holding grudges, placing blame, or having negative thoughts about any life situation, this book is for you. I was thinking of buying in bulk and giving it to all my relatives for the holidays. If everyone would read it and apply the practice to their self, the world would be a much healthier, happier place.