



The Blame Game: The Complete Guide to Blaming: How to Play and How to Quit

By M.D. Neil E. Farber

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Don't blame me! Or do.

In this soon-to-be-bestseller, Dr. Neil Farber takes a new look at the world's oldest game. With humor and wit, *The Blame Game* will teach you the rules, techniques, and advanced strategies of this ancient past time. One of the first things you'll learn is how to pick a Target of Blame (TOB)-- "the scapegoat, the stooge, the donkey" -- as Farber writes.

Wars, wildfires, terrorism, and talk shows are all to blame ... and somebody's to blame for all of those. In fact, a skilled player could follow the Chain of Blame (COB) all the way back to the cavemen. And Farber does.

An experienced player can blame anything or anyone, at any time. Students not succeeding in school? Blame the teachers. Or the parents. Or the teachers' parents, or the pencils. Bad day at the office? Blame the boss. Of course, blame the employees if you are the boss.

On a deeper level, *The Blame Game* is self-empowering; providing you with the inspiration, the knowledge, and the tools that you need to accept responsibility and gain control of your life. Farber shows you how to improve your health, well-being, relationships and careers by reaching beyond blame.

So pick up the book and put down the game.

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Editorial Review

Review

This funny, well-intentioned book is right on when it comes to human behavior. Read it, learn from it, and apply it to your life and you will never again pass the buck so easily. --Stephen R. Covey, PhD, bestselling author of *The 7 Habits of Highly Effective People* and *The Leader in Me*

Rather than blaming, start reading! This is a thoughtful, accessible book that could actually make you happier. --Tal Ben-Shahar, PhD, author of *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*

The Blame Game helps to usher in our new era of responsibility with: Ask not where the buck stops. It stops with thee. --Tad Waddington, PhD, author of *Lasting Contribution: How to Think, Plan, and Act to Accomplish Meaningful Work*

Dr. Farber paints a persuasive picture of how ordinary is our extraordinary tendency to blame. More important, he shows how well-being will follow when we give it up. --Ellen Langer, PhD, author of *Counterclockwise: Mindful Health and the Power of Possibility*

In a book that is long overdue, Dr. Farber identifies a critical problem most of us face: an unwillingness to hold ourselves accountable. While many of us seem to be all too willing to point fingers at others for our failings, Dr. Farber provides a map with which we can become more self-aware and, in the process, lead a more fulfilling life. --Ed Levitus, PhD, Associate Professor, Sheldon B. Lubar School of Business

Throughout my career, supplementing my life experiences with thoughtful texts on management, psychology and human behavior have been invaluable. One of the difficulties with many of these is that it often feels like studying to digest the comments. This book effortlessly brings wit and readability to a vitally important topic no matter what rung of the ladder you are on and regardless of your field of interest. This text has the potential to transform individual lives and corporate cultures. I have placed it on my shelf of must-read books! --Joseph Kerschner, MD, CEO, Senior Associate Dean of Clinical Affairs for Children's Specialty Group, Professor and Vice Chairman, Otolaryngology, Medical College of Wisconsin

If you are like me, you spend way too much time and energy blaming others for disappointments and offenses when you could be moving on with a productive and happy life. Want to learn how to stop blaming and live more abundantly? This is the book for you. Entertaining, yet thoughtful, playing the Blame Game will unclutter your emotions and your life. --Everett L. Worthington Jr., PhD, author of *Forgiving and Reconciling: Bridges to Wholeness and Hope*

To blame is human; to write about it with humor, skill, and insight is to write a book worth reading. How wonderful to have a help book that actually helps. --Herzl R. Spiro MD, PhD, Emeritus Professor of Psychiatry, The University of Wisconsin-Madison

The Blame Game presents a humorous guide to blaming with practical and insightful ways to jump off the Blame Train. Dr. Farber's witty and informative style makes this a fun and edifying read. Take it seriously and it will change your life for the better. --Jon Gordon, author of *The Energy Bus* and *The No Complaining Rule: Positive Ways to Deal with Negativity at Work*

About the Author

Dr. Neil Farber is an international expert on blaming, who lives in Mequon, WI. He is a physician and researcher with a degree in psychology. He is a member of the International Positive Psychology Association, the Positive Health Task Force, and a national Wellness Task Force. Dr. Farber is founder of the Dynamic Health & Wellness Institute and lectures on conflict management, wellness, and positive parenting. A portion of the proceeds from all sales is donated to medical missions for children.

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Edward McCain:

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