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| BOOK REVIEW Presented by Dr Hannetjie Edeling 4 June 2020 |

1. Title: **Your Erroneous Zones**
2. Author: **Dr Wayne Dyer**
3. **Genre:** Psychology/Self-help
4. Date of Publication: 1976/1977

**An erroneous zone** (p.12) is a kind of self-destructive behaviour. The book is about understanding why we are trapped in self-defeating zones and strategies for changing them.

1. **When did you read it? Was it relevant at that stage of your life for any reason?** I got thebook in 1983 after I got divorced – undertaking a major inner search and refurbishment.
2. **Why was it meaningful to you?** It was then, and still is, one of the most useful self-awareness books that I have encountered. I have recommended it in therapy to many clients. Dyer alerts us to secondary gain through erroneous beliefs and actions and in each section has questions and possible remedies relating to the issue under discussion.
3. **Central Premise:** Each person has to take responsibility for their own life. You can choose your emotions and do not have to be a victim to your circumstances. You can evaluate your life and change what is not working for you. It is about owning your power. E.g. my pet hate – “How does that make you feel?”
4. **Best take-aways:** Choice and present-moment living
5. **Taking charge of yourself.** You are the person responsible for how you feel. Q p.21 If you don’t control your thoughts, who does? (Nothing is either good or bad, but thinking makes it so). Examples p.23. You hurt my feelings vs I hurt my feelings because of the things I told myself about your reaction to me. We need awareness to challenge thoughts and beliefs. You can choose happiness

Live in the moment – life is not going to be miraculously better in future if you do not do something to change it.

1. **First love** (p.38) Def of love, p.39. Love is the ability and willingness to allow those that you care for to be what they choose for themselves, without any insistence that they satisfy you.
2. **You don’t need their approval.** Why should someone else’s opinion be more important than yours? p.69 Popular song titles promoting erroneous beliefs
3. **Breaking free from the past.** p.82 Just because you have always been a certain way does not mean it has to stay that way. (5th Agreement Ruiz). “So gemaak en so gelaat staan.”
4. **The useless emotions – Guilt and Worry**. p.97 (Like a rocking chair – it gives you something to do, but does not get you anywhere). pP.99 Guilt is not merely a concern with the past; it is a present-moment immobilization about a past event. (p.102 It is a reward, punishment and permission to repeat the behaviour). These are great tools of manipulation.
5. **Exploring the unknown.** Q p.129 have you lived 10000 days or have you lived the same day 10000 times?
6. **Breaking the Barrier of Convention.** p.151Self-fulfillment cannot be achieved if one allows external forces to control you. Avoid should behaviour. p.172 Q. I wonder why I bother myself with what they are doing.
7. **The Justice trap**. p.173 It’s not fair. Be a doer, not a complainer.
8. **Putting an end to procrastination – Now** p.187. Things themselves will not improve alone. If your life is better, it is because you have done something constructive to make it better.
9. **Declare your independence**. p.198. In any relationship in which two people become one, the end result is two half people. What are we modelling to our children?
10. **Farewell to anger**. p.218. Anger is about unmet expectations – the result of your thinking. A sense of humour is a good antidote.
11. **Portrait of a person who has eliminated all erroneous zones**. p.231 Such a person likes practically everything about life, is creative, lives in the moment and continues to learn and grow… They are flexible, comfortable in their own skin and loving and compassionate towards self and others. They are straight-forward and direct and can look after themselves and their own needs. They are in control of themselves. Self-accepting, fulfilled, free from guilt…

**Ultimately, we need to love our own uniqueness, own our own power, learn to be appropriately assertive, be pro-active in our choices and live fully in the moment.**