



# Once Upon a Cow: Eliminating Excuses and Settling for Nothing but Success

*Camilo Cruz Ph.D*

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**Once Upon a Cow: Eliminating Excuses and Settling for Nothing but Success** Camilo Cruz Ph.D  
**An insightful and deceptively simple guide-from a popular speaker and life coach.**

In this empowering book, bestselling author and speaker Dr. Camilo Cruz helps readers identify the hidden excuses that hold them back-even the most entrenched ones-and open the door to greater success and fulfillment. Inspired by a brief parable in which a family of farmers learns to thrive without their beloved (yet costly and unproductive) cow, this upbeat book speaks to readers of every age and lifestyle, helping them take ownership of their choices and their lives.

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