

SELF HELP

What's it all about...

Self Help is the development of your potential, including, beliefs, goal setting, learning new habits, and making positive changes. Self Help books are incredibly popular and can cover a wide range of themes: love and relationships; emotional and technical skills development; substance issues and family trauma; identity and belonging.

Often, one book is not enough so it is recommended to try out several. Readers should beware the quick fix! The value of Self Help literature is dependent on the reader taking the advice, applying the strategies, and making the necessary adjustments to their lives.

The classic works:

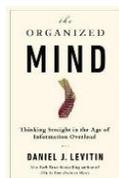
- *How to Win Friends and Influence People* (1936) by Dale Carnegie
- *Think and Grow Rich* (1937) by Napoleon Hill
- *The 7 Habits of Highly Effective People* (1989) by Stephen R. Covey
- *The Secret* (2006) by Rhonda Byrne

Resources to find the best in Self Help:

- **Goodreads.com:** search with "Self Help" in genres for booklists and recommended books.
- **Oprah.com:** the website of the television titan includes a booklist section highlighting recommended Self Help titles
- **reviews.libraryjournal.com/2012/02/collection-development/the-pursuit-of-happiness-ten-self-help-books-to-improve-your-mood/:** 2012 article from *Library Journal* reviewing ten contemporary Self Help titles

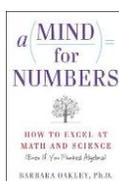
Your list of recent titles:

- *The Organized Mind: Thinking Straight in the Age of Information Overload* (2014) by Daniel Levitin



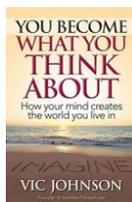
Drowning in a deluge of data? Daniel Levitin presents strategies for organization derived from the latest research in neuroscience. These methods teach the reader to take control of their work, home, and mind.

- *A Mind for Numbers: How to Excel at Math and Science* (2014) by Barbara Oakley



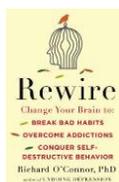
Many of us struggle with complex math or even with basic math-phobia. *A Mind for Numbers* offers the tools you need to get a better grasp of that intimidating but inescapable field.

- *You Become What You Think About: How Your Mind Creates the World You Live In* (2014) by Vic Johnson



Johnson teaches us to enlist the cooperation of our subconscious to effect real change in our lives. With a step-by-step guide on how to use directed thoughts in our lives, we can tap into this reservoir of potential ability.

- *Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior* (2014) by Richard O'Conner



Rewire posits that our bad habits stem from our brain's dual nature: the half that knows what we shouldn't be doing and the half that keeps doing it anyways. Fortunately it's possible to rewire our brains to develop healthier reflexive patterns that enable us to ignore distractions, withstand temptations, and see ourselves with clarity.

ENJOY!