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How to Win Friends & Influence People - "A classic lesson in interpersonal communication."

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Organizing from the Inside Out, Second Edition: The Foolproof System For Organizing Your Home, Your Office and Your Life - "Teaches you everything about getting more organized and less cluttered."

Chapter 10:

Flow: The Psychology of Optimal Experience - "This is an amazing, thought-provoking book about being "in the zone" and experiencing life optimally

Wrapping Up

50 Self-Help Classics: 50 Inspirational Books to Transform Your Life from Timeless Sages to Contemporary Gurus – "Amazing "Cliffs notes" resource with many great ideas from many of the best books all rolled together in one volume."

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Foreword

Self-help is a very important aspect in life that needs your attention. With this, facing the challenges in life and reaching out for your success will be more possible than before. Find out everything you need here and in the self-help book, [Supernatural Is Normal: How To Receive Healing, Wholeness & Success.](#)



Self Help Lessons By Best Sellers

What You Can Learn From The 10 Best Self Help Books Of Our Time

Chapter 1:

Introduction

Synopsis

What is self-help? Well, you should never take this as just a matter of realizing the weakness you have and finding the best ways to change them.

It will never end with visualizing a better alternative. Self-help is a fundamentally mental matter, but it does not necessarily mean that it happens at a theoretical “belief level”.

Self help strategies include introspection and consideration, but it also requires action to reach your goals.



The Basics

The books and seminars for self-help typically discuss the fact that individuals should control themselves, so that improving themselves will be much easier for them to do. It is a significant suggestion and when you fail to follow it, you may never get the chance to reach your goal anymore.

However, familiarizing yourself with and understanding the concepts of self-help could help you a lot to achieve a successful result, but this will only last for a while.

If you want to experience a persistent and almost a lifetime success, you will need to bear the skills needed to improve yourself. Taking for granted the needs of other people is a great epidemic within the society and it is a risky thing that can keep you from achieving success. The aspirations and goals you have should be further than thinking about your needs only. When it comes to self-help, you will find that you have more things to consider, so that you can make it in the best way as possible.

This book is meant to provide you with self help lessons that will be very helpful for anyone who aims to improve his or her self. Make your own self filled with more knowledge about self-improvement and have an in-depth understanding about the corners of it. This book is a compilation of the content that discusses everything about self-help. Read on.

Chapter 2:

Man's Search For Meaning - "A must-read for EVERYONE. A potentially life-changing and eye-opening book."

Synopsis

Man's Search for Meaning is a book written by Viktor Frankl that chronicles his own experiences as an inmate throughout World War II. From this book, he described a psychotherapeutic method that includes the process of identifying the purpose of being positive when it comes to life.

According to the author, the way that a prisoner imagines his future will affect his longevity. This book aims to respond to the question "how the daily life in the concentration camp appeared in the minds of all average prisoners".



Man's Search

The first part of this book focuses on the analysis of the author about his experiences within all concentration camps. The second part presents his own ideas about the “Meaning” together with his theory known as logotherapy. These sections contain details which are all related to self help.

The author of this book said that there are 3 psychological reactions that the inmates experience at one degree to another. These 3 psychological reactions are the following:

1. The shock throughout the first admission stage to the concentration camp,
2. Indifference after adapting to the existence of camp and
- 2.3. The reactions of the moral deformity, depersonalization, disillusionment and bitterness when the prisoner survives and becomes liberated.

This book also discusses the “meaning of life” present in each moment of life. The author added that the life of a person never stops to acquire meaning whether he suffers or he is about to die. The author also believes that for every person who is in a dire situation, there would be somebody who watches over them. This person could be a friend, a member of your family or the Almighty God who will never disappoint.

The conclusion of this book includes the fact that the psychological reactions of a prisoner are not totally the outcome of the circumstances in his life.

These are also the result of the freedom to choose from the options available. The freedom to choose is always available even in the midst of serious suffering.



Chapter 3:

The 7 Habits of Highly Effective People - "The best of the best. Arguably the best self-help book of all-time."

Synopsis

This book was initially published and introduced to people in 1989.

This is a business and self-help book that you should read.

Its author was Stephen Covey. In this book, the author presents the way on how a person will become more effective in reaching his/her goals. He said that it will be done by aligning yourself to the so-called "true north" concepts of the character ethic which he presented as timeless and universal.

So, what are the things that must be done to become more efficient? Well, here are the seven habits that a highly efficient person possesses.

The 7 Habits of a Highly Efficient Person

This book initially introduced the principle of the Paradigm Shift. This will prepare you for a great change within your mindset. This will help you understand more about the existence of the unusual perspective. This is a viewpoint which might not be the same between you and the author of this book. After preparing yourself for this, you will learn the different 7 habits of the highly efficient people which are presented in a correct order.

Every chapter of this book discusses a particular habit that is characterized by the succeeding 7 imperatives.

Self-Mastery or Independence

The initial 3 habits are connected with the change from reliance to independence.

Habit #1 – Be Proactive

You need have to have initiative in your life by understanding that the decisions you make and the way they align with the principles in life are the basic determining factors intended for the efficiency within your life. You have to be responsible for the choices you choose and the consequences that will come after them.

Habit #2 – Start with the “End in Mind”

Discover then clarify your deep significant character life goals and values. Envision the perfect characteristics for every different

relationships and roles in life. You need to create your mission statement.

Habit #3 – Put First Things First

Plan, prioritize and implement your tasks for the week. You have to do them based on their significance instead of urgency. Assess whether the efforts demonstrate your desired personality values. You have to propel towards your goals and enhance the relationships and roles which are elaborated in the second habit.

Interdependence

The succeeding 3 habits are related to interdependence, and these are the following:

Habit # 4 – Consider Win-win

Strive for the mutually advantageous solutions and agreements when it comes to relationships. You have to give importance and respect the persons who surround you by realizing the “win” as the better resolution plan as compared when only one individual in the scenario had obtained his way.

Habit # 5 – Understand to Be Understood

You have to use definite listening to be fully influenced by another individual that compels a highly effective person to respond through listening. An efficient person is open-minded to accept influence by other individuals. It forms the ambience of care and positive way to solve any kind of problem.

Habit # 6 – Synergize

Mix the strength of individuals by means of positive teamwork. This will help in achieving the goals which are unattainable if the person will do it on his or her own.

Change of Behavior

When a person has the right behavior, nothing could become an obstacle to the efficiency of a person in his or her life.

Habit # 7 – Sharpen the Saw

Balance then renew the resources, health and energy you have to make a sustainable, efficient and long-term lifestyle. It will basically emphasize the exercise intended for physical regeneration, prayer as well as good reading that will help you in psychological renewal. It also covers the service offered to the community for spiritual regeneration.

Thinking about these habits and trying to possess and practice all of these in your everyday living will help you in making yourself a better one. By having these attitudes, you will be able to succeed in no matter what you do.

Chapter 4:

Feeling Good: The New Mood Therapy - "The best book for those who suffer from depression or anxiety."

Synopsis

Feeling Good: The New Mood Therapy is the famous book designed for those people who suffer from depress and anxiety. This book is also a self help book since it covers the best things to do to fight these two negative feelings. Its author was David Burns and it was initially published in year 1980. It discusses the cognitive attitude therapy.



Feeling Good

This particular book was written based on the dissatisfaction and traditional Freudian remedy for depression. The mentor of the author named Dr. Aaron Beck concluded the fact that people will never find empirical evidence designed for the success of all Freudian psychoanalysis in curing people who suffer from depression. The concept about negative feelings like anxiety and depression are caused by the person's thoughts and perceptions.

This book wants to tell you that when it comes to effective self-help for anxiety and depression, cognitive therapy is perfectly applicable. The concept behind this is that if you think that something is usually enough, you start to believe its reality. Depressed individuals are victims of persistent negative thoughts which are known as cognitive distortions that are typically the gross misrepresentation of the truth.

To make you understand more about this, you should consider this example: a person who is in severe depression will say to you that he/she is a failure at all things. When you examine this statement in a logical manner, you will see right away that this is too far from reality. The person may not be successful in some things, but he or she may have more success than failures.

For depressed persons, the previous events in their lives instantly fade from the positive view, then they focus more on the negative

side. What the cognitive therapy wants to let you know is that you need to refrain from committing logical errors. It will teach you to reframe your feelings in a manner that is more persistent with the truth. When you start on creating more positive and realistic statements regularly, you will be able to help yourself in getting over with the negative feelings you experience.

One of the best things that you should know about this book is that the author takes every one of the 10 usual cognitive distortions. He treats them one by one by providing strong coping techniques for each. This book will be a useful guide for you most especially if you are depressed. It will really help you whether you are taking medicines or therapy or you have these both. This will be an inspirational book for a person who is in the search for the best way to help him or herself without asking for the assistance of a medical professional.

Dr. Burns uses the tactics he use in his own life to fight stress and maintain his positive thinking. For these reasons, it is not a wonder why this book is among the best self-help books you can use to find out the best way to improve yourself.

Chapter 5:

Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny! - "Supremely inspiring, from possibly the most famous motivational speaker of all-time."

Synopsis

Awaken the Giant Within is also a self-help book that was published in the year 1992. It is the expansion of the author's personal improvement strategies and techniques discussed over an encouraging self-help type of approach.

Anthony Robbins provided the differences between each one of his techniques. This book will tell you something about the Neuro-Associative Conditioning which is completely different from the NLP or Neuro-Linguistic Programming.

It is for the reason that the distinction between these two is described by the use of "conditioning" to the new personal development strategy or skill.

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