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Self-Help Stuff That Works: How to Become More Effective with Your Actions and Feel Good More

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Often. by. Adam Khan, J. Klassy Evans (Editor), Klassy Evans (Editor) 3.83 · Rating details · 30 ratings · 3 reviews. This is a no-nonsense, practical self-help handbook written in a friendly, entertaining, and concise style.

Self-Help Stuff That Works: How to Become More Effective ...

But what he has done, and so brilliantly, is distilled all the ancient self-help books (99% garbage), extracted the 1% that works, and put it together for you to work with and study with. Benjamin Franklin's Autobiography was one of the first truly helpful self-help books (books that can help people).

Self-Help Stuff That Works book by Adam Khan

Those two areas have the greatest impact on your level of happiness, your mental health, and your effectiveness in life. I'm the author of the book, Self-Help Stuff That Works, a published collection of articles I wrote for the newsletter, At Your Best, published by Rodale Press (publishers of Men's Health, Prevention Magazine, etc.). Here, at HealthyPlace.com, I'm going to share with you the principles for eliminating some of the unhealthy and probably unnecessary frustration, worry, stress

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That's unfortunate because the good stuff does indeed "work" in terms of providing benefits which improve people's lives in important and lasting ways. That's exactly where this book comes in, because Adam Khan has done a wonderful job of distilling out the self-help stuff that works.

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SELF-HELP STUFF THAT WORKS is a no-nonsense, practical self-help handbook written in a friendly, entertaining, and concise style. It gives you solid tools you can use to better your life. You'll learn how to become more effective with your actions and feel good more often.

Description of the book, Self-Help Stuff That Works.

And here's the link to the purchase Adam's book: "Self-Help Stuff That Works." It's a great book. Short sentences. Right to the point! I also want to thank everyone in the audience for coming and participating. I hope you found it helpful. Adam Khan: It's been my pleasure.

Self-Help Stuff That Works | HealthyPlace

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Self-Help Stuff That Works: How to Become More Effective ...

Adam Khan is the author of Self-Help Stuff That Works (3.83 avg rating, 30 ratings, 3 reviews, published 1999), Hack the Bird (4.08 avg rating, 12 rating...

Adam Khan (Author of Self-Help Stuff That Works)

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