

how to
**Make
People
Like
You**
in 90 seconds*



SPECIAL ANNIVERSARY EDITION
*How to Win
Friends &
Influence
People*
CELEBRATING
70 YEARS
IN PRINT
THE FIRST—AND STILL THE BEST—
BOOK OF ITS KIND—THE ONLY BOOK YOU NEED
TO LEAD YOU TO SUCCESS

Self help

Helpful

Self Help?

The shortest and most useful Self Help book in the world!

by Darren Stevens

THE LAST
SELF-HELP
BOOK
YOU'LL
EVER NEED

REPRESS YOUR ANGER,
THINK NEGATIVELY,
BE A GOOD BLAMER &
THROTTLE YOUR INNER CHILD

PAUL PEARSALL
Best-selling author of *The Pleasure Prescription*

THE SIMPLE PROGRAM THAT
PRIMES YOUR BRAIN CELLS FOR
JOY, OPTIMISM, and SERENITY

TRAIN YOUR
BRAIN TO
GET HAPPY

HOW TO
GET FAT



Self ?
Help

**SELF-
HELP
BOOKS**

Why
Americans
Keep
Reading
Them

SELF HELP
BOOKS



My Coach says I should...

A motivational image and bombardment of uplifting soundbites isn't doing it these days. The **ONLY** advice you need is written on the next page. It might surprise you, as it's so obvious.

Anything else you are told by your "Coach" or "Personal Mentor" is filler, and to make them feel like they're helping you. It is not for **your** specific benefit.

So, if you want to get ahead in life, understand the below advice and sack your Coach.

This book has just saved you potentially hundreds of £££'s! Don't become a victim of the "18 month rule" which states someone will buy a self help book every 18 months, as that's the time it takes to realise their lives aren't turning out the way the first book said it would!

Enjoy your new-found freedom from "self help"... and instead, enjoy the rewards of self-authored thinking!

TAKE ACTION

That's it! There's no secret mind/body message that aligns your neurons with the universe's quantum intentions... There is nothing that will happen *to you* or *on your behalf* unless you actually ***do something***. You don't need a Coach to tell you this. Just ***take action!*** And not "guided action" as some coaches say, as that just enables *their* place in *your* future. Do ***anything*** and your life changes. Trust your unconscious mind to make the best decisions for you at the time.

Self Help?

The shortest and most useful Self Help book in the world!

Thank you for reading this “book”.

I hope you found it useful.

And I hope you saw the irony in that!

Gables Publishing. All rights reserved 2017. Feel free to distribute it though. The more people we can help to help themselves for free, the sooner the whole “Personal Coaching Industry” and “Self Help” is removed from the planet.

This does not detract from those people who have professional and recognised qualifications in science-based or psychology-based Mentoring, Cognitive Development and so on. Just those who call themselves a “Coach” and have undertaken a weekend course by a charlatan “coach trainer” interested only in money, but in reality have no idea.