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reader and an author of self help books I d like to share with you some advice on how to use self help books in a way that will actually help you achieve real world results Here are some of the topics I cover in my short guide How to Help Yourself With Self Help The 5 most common pitfalls of self help and how to avoid them you ve probably fallen victim to most of them Tips on how to identify what specific area of your life you should target first in order to benefit the most from reading self help What confirmation bias is why it s dangerous and how to escape it to stay flexible and enjoy consistent personal growth How to interpret the advice you get from a book and tailor it to your life circumstances cookie cutter approaches don t work Why it s sometimes better to skip self help books and what to read instead to help you achieve your goals and become a better person Don t let another self help title become just another book on your shelf Learn how to read in a more strategic way and more importantly act on the advice you get This short guide can be your first step toward the new you

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