

# SELF-HELP FAILS

*a series by The Relaxation Solution*

## #5 - Get Inspired!

### Variations:

- Pump yourself up.
- Give yourself pep talks.
- Attend motivational events.

### Why this is a **fail**:

- It only lasts a short while.
- It encourages a boom-or-bust mentality. When you feel low, you think you've failed.
- It can trap you in an addictive cycle. You think one more motivational seminar will give you a permanent lift. (Hint: It won't.)

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# When Self Help Fails

**CO Houle**



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