



Debunking the Top 9 Self-Help Myths: Why Procrastination Is Good for You, Why Waking Up Early Is Not a Solution to All Your Problems and 7 Other Things Self-Help Gurus Would Hate to

By Aaron a Andrews

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Debunking the Top 9 Self-Help Myths Are you tired of traditional self-help literature that always gives the same advice? Would you like to learn why the total opposite of self-help truths can actually work much better for you? If so, Debunking the Top 9 Self-Help Myths is for you. The book presents 9 self-help myths and shows how the opposite advice can work better. A large part of the book is based on scientific research that proves beyond doubt that some self-help myths are indeed just dangerous myths. Let s Put an End to Dangerous Self-Help Myths Some self-help myths are not only wrong, they are outright harmful for you. One of such myths is the myth of waking up early in order to achieve success and the myth that visualizing the goal will help you achieve it. In fact, scientists have proved that visualizing the goal will lead you further away from it. And as for waking up early, at least 20 of us will only feel miserable when following this advice. Here are other things you...



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Reviews

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.

-- **Prof. Jedediah Kuhic DVM**

This sort of publication is almost everything and taught me to hunting forward and much more. Yes, it is actually play, continue to an amazing and interesting literature. I am pleased to tell you that this is basically the best book we have read through inside my individual life and could be he finest book for ever.

-- **Enrique Ritchie Sr.**