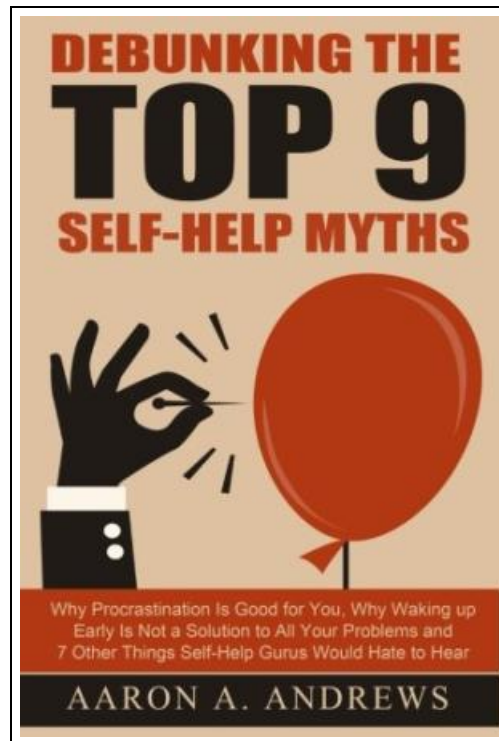


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Debunking the Top 9 Self-Help Myths Are you tired of traditional self-help literature that always 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'll learn from the book: two types of procrastination and why one of them is great for you why procrastination can help you evaluate your life choices why procrastination can help you find a reason why why hard work is stupid the story of how ignorant farmers popularized the myth of working hard three reasons why cutting down your hours will do you good how to achieve more with less (hint: it's not about working hard) why sometimes it's better to give up than keep going (persistence doesn't always pay) why a step-by-step approach isn't always...



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