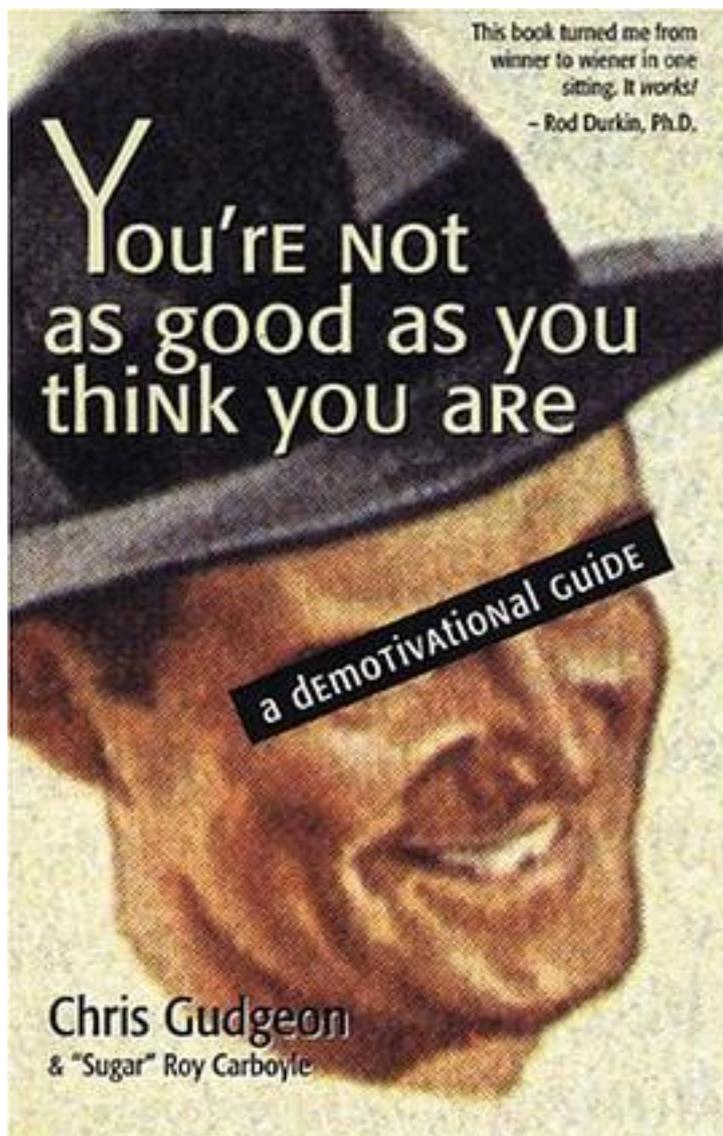


You're Not as Good as You Think You are



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Finally, a self-help guide for those who think too highly of themselves. You think you're swell, don't you? That you're God's gift to the Universe, the cream in everyone else's coffee. Well, you're wrong, and it's getting on everyone's nerves. The problem is you're too good, too pumped, too motivated. You need to come down to Earth, to realize that when all is said and done, you're little more than a speed bump on the highway of life. You need a crash course in the principles of de-motivational psychology. You're Not as Good as You Think You Are offers a user-friendly guide to building a less significant you. Each chapter provides theory, life examples, and valuable mental exercises designed to help you hone your self-effacing skills as you strive to be the least that you can be. For example, the book recommends a list of "Daily Defirmations" designed to "create and reinforce a negative perception of the world", which are to be shouted while poking oneself: -- I suck. I really suck.-- I do not deserve to be a success.-- I will never find that special someone.-- I am a bad dresser.-- I am the boil on the ass of humanity.-- My head is disproportionate to my body. Other sections include such pro-negative concepts as "The Buck Starts Here: Limiting the Power of Your Imagination" "Dare to Whine Understanding the Win/Whine Paradigm", and "Ageless Mind, Endless Mortgage: Squashing Your Spiritual Self". By following the steps laid out in this groundbreaking book, you too can feel really badly about yourself.

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