

# The Last Self-Help Book You'll Ever Need



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著者:Pearsall, Ph.D. Paul

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Best-selling psychologist and motivational speaker Paul Pearsall explodes the myths of the self-help machine and shows us how to lead happier healthier lives. Although the tenets of self-help have been attacked before, Pearsall is the first psychologist to expose these deeply entrenched ideas to scientific scrutiny. And unlike other debunking books, *The Last Self-Help Book You'll Ever Need* goes beyond skepticism to propose a set of life-affirming (and refreshingly contrarian) axioms that can help anyone lead the Good Life.

作者介绍:

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