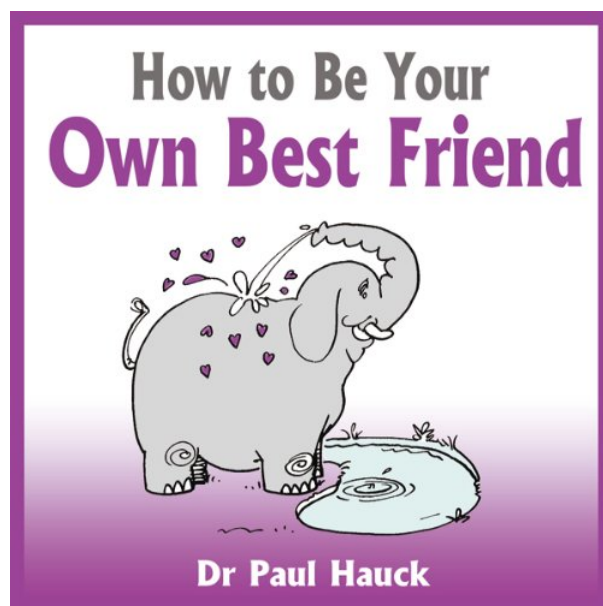


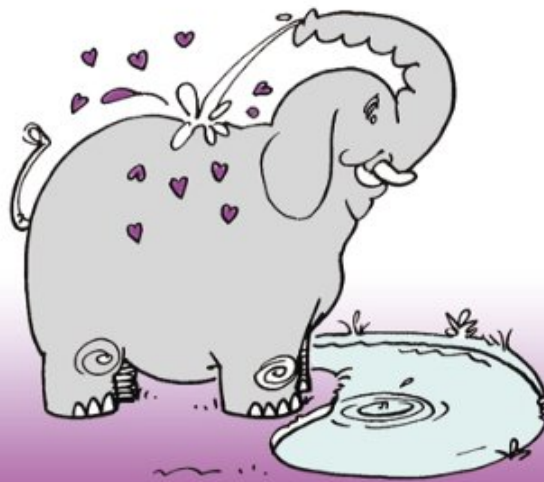
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Many people feel guilty about putting yourself first. But if you show love and attention to others, why not yourself? Nobody in the world is perfect, and Dr Hauck shows you how to accept yourself as you are, because if you respect yourself, you will find the best in other people. If you have ever felt infuriated or manipulated by others, this book will inspire you to stand up for yourself successfully. You need never feel controlled again!

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- Format: Unabridged
- Original language: English
- Running time: 232 minutes

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This book provides an excellent overview of what it takes to help oneself in ...

By K. S. Dennis

This book provides an excellent overview of what it takes to help oneself in many aspects of life. It includes summarized versions of some of the topics of Rational Emotive Behavioral Therapy (REBT). It also includes straightforward and clear writing about self-neglect, thinking for oneself, friendship, social skills, health, and wealth. It is an easy read but the points that Dr. Hauck makes should not be taken lightly.

I found it best to read only one section of a chapter each morning. (These sections have titles.) So it took me a while to finish reading the book. Reading one section per day allowed me to focus on its topic without cluttering my thinking with bits of information about other topics. Each of the points made in sections deserve this type of attention.

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no nonsense

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