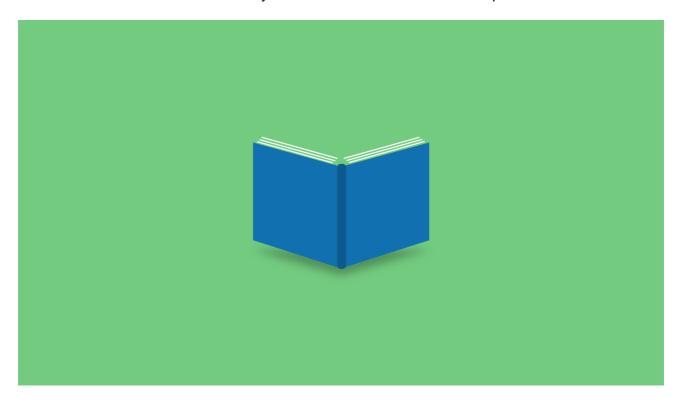
13 Embarrassing Self-Help Books That Actually Worked for Us

As a diehard literary snob who once had to shut a book club down because it got too popular, this doesn't come easily to me: I like the occasional self-help book.



1. YOU ARE A BADASS By Jen Sincero
2. FEELING GOOD: THE NEW MOOD THERAPY By David D. Burns
3. LOVING WHAT IS By Byron Katie
4. THE CREATIVE HABIT By Twyla Tharp
5. THE SEAT OF THE SOUL By Gary Zukov
6. WABI SABI FOR ARTISTS, DESIGNERS, POETS & PHILOSOPHERS By Leonard Koren
7. THE ARTIST WAY By Julia Cameron
8. INTUITIVE EATING Evelyn By Tribole and Elise Resch
9. HOLD ME TIGHT: SEVEN CONVERSATIONS FOR A LIFETIME OF LOVE By Dr. Sue Johnson
10. 10% HAPPIER By Dan Harris
11. ZEN MIND, BEGINNER'S MIND By Shunru Suzuki
12. YOU'LL SEE IT WHEN YOU BELIEVE IT By Wayne Dyer
13. YOU CAN HEAL YOUR LIFE By Louise Hay