

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