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

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