

THE LAST SELF-HELP

BOOK

YOU'LL

EVER NEED

**REPRESS YOUR ANGER,
THINK NEGATIVELY,
BE A GOOD BLAMER &
THROTTLE YOUR INNER CHILD**

PAUL PEARSALL

Best-selling author of [The Pleasure Prescription](#)

"A passionate, personal manifesto ...offers helpful suggestions about living a mindful life and raises countless questions about our values."
—*The Boston Globe*

Resumo de The Last Self-Help Book You'll Ever Need: Repress Your Anger, Think Negatively, Be a Good Blamer, and Throttle Your Inner Child

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."

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