

# Self Help Exposed

By Dr. John Simms, PhD

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**Here are some tips and insights regarding Self Help down below:**

- 1). Anyone can be a life or business coach, self help or personal development expert, spiritual teacher, healer, etc. That said, some of them are good at what they do, live by example and have a proven track record, but there's a lot of incompetence and impostors to say the least.
- 2). In my opinion, most of the self help books out there including best sellers are useless. Don't get me wrong, they can be motivational and idealistic, but they tend to lack realism, practicality and other things that could make a difference in people's lives and/or their situations.
- 3). Knowing what I know, famous self help gurus and authors have secrets they don't want the public to know that made them rich, famous, popular and successful.
- 4). In my opinion, most of the self help teachings are counterproductive. In fact, many people have failed to benefit from the Law of Attraction use, Cognitive Behavioral Therapy, etc.
- 5). Depending on the situation, self help can be harmful and even deadly. A good example would be James Arthur Ray's sweat lodge incident. In other words, be careful, do your research and use your common sense with self help.

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