

## **SELF HELP BOOK**



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### Self help book Wikipedia

A self-help book is one that is written with the intention to instruct its readers on solving personal problems. The books take their name from Self-Help, an 1859 best-seller by Samuel Smiles, but are also known and classified under "self-improvement", a term that is a modernized version of self-help.

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### Here Are 11 of the Best Self Development Books of All Time

Any book is a self-help guide if you can take something from it. Kevin Smith. Here are 11 of the best self-help books of all time: 1. The Alchemist by Paulo Coelho. The only fiction book on this list, The Alchemist is a seminal classic that has sold over sixty-five million copies worldwide. So, why is a fiction book on a self-help book list?

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Self-help and personal development material is one of those things that's either embraced with open arms, or pushed away like a bad meal. I prefer the former.

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Best Self Help Books of All Time. After more than a decade as a public speaker, I've been asked hundreds of times for the best self help books that have made the biggest impact in my life.

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