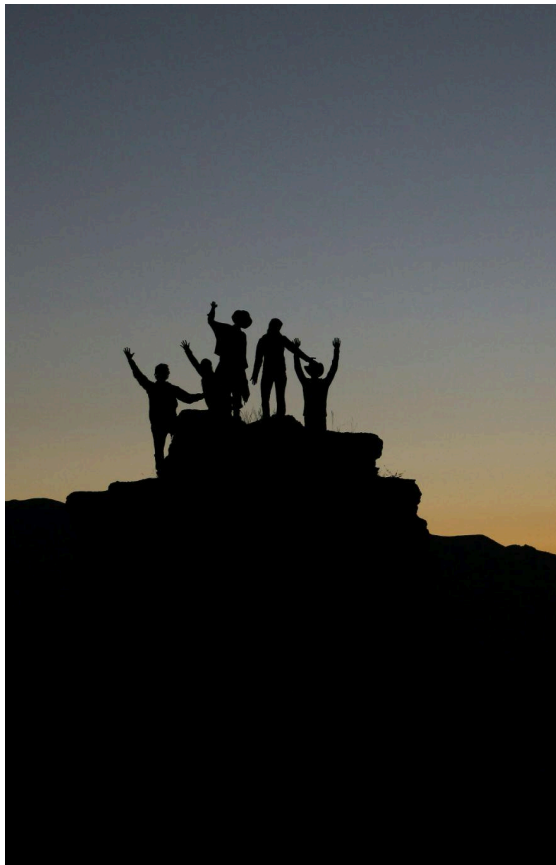


Making Self-Help Simple

Exploring & Appreciating the Inside Work



See how one little change can affect your perspective on the ability to better your life.

About Us!

Here at Making Self-Help Simple, we strive to have a free online platform to help young students, recognize the value of self-help. And we make sure they have the resources to make the first step easier.

What We Do

Our space is a learning resource. Here we strive to make learning and practicing self-help more fun! It's easy to get lost in the flow of chaotic, or on-repeat days. We believe there is more to life and how we experience it and taking one step towards improving oneself can lead to a slowly better one.

Explore our learning page to grow your knowledge on topics such as: balancing work and personal life, habits, balancing stress, and even hobbies.

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