



50 Self-help Classics: 50 Inspirational Books to Transform Your Life from Timeless Sages to Contemporary Gurus

By Tom Butler-Bowdon

Nicholas Brealey Publishing. Paperback. Book Condition: new. BRAND NEW, 50 Self-help Classics: 50 Inspirational Books to Transform Your Life from Timeless Sages to Contemporary Gurus, Tom Butler-Bowdon, Thousands of books have been written offering the 'secrets' to personal potential, fulfillment and happiness: how to walk THE ROAD LESS TRAVELED, WIN FRIENDS AND INFLUENCE PEOPLE, or AWAKEN THE GIANT WITHIN. But which are the all-time classics? Which ones really can change your life? Tom Butler-Bowden has cut through a vast field of writing to bring you the essential ideas, insights and techniques from the 'literature of possibility'. From 50 legendary works that span the world's religions, cultures, philosophies, and centuries, the author summarizes each classic's key ideas and assesses its merits for the time-strapped reader. The 50 classics examined here - from the ancient teachings of Buddha and Lao-Tzu and the character-building works of Benjamin Franklin and Samuel Smiles, to contemporary bestsellers such as EMOTIONAL INTELLIGENCE, LEARNED OPTIMISM and THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE - represent the very best of what has become known only since the early 20th century as 'self-help'. 50 SELF-HELP CLASSICS is the first and only 'bite-sized' introduction to the classic works of life transformation...



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-- **Adrien Robel**

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