

Self-Help Books # Tips

Finding fault in our selves has become an unfortunate pastime. Correcting those faults has become a major moneymaker.

If you're like many people, you have little glitches that you'd like to fix. Maybe you're too passive or too aggressive. Perhaps you lack the self-esteem to hold onto a relationship or land a great job. And, if you're like many people, you've been overwhelmed by the vast selection of self-help books available to you. There are countless options to choose from, so how can you tell which books are best for you?

The first step in finding the right help is pinpointing the problem. Determine the issue that needs improvement and you will instantly narrow your choices. Once you have the subject in mind, it will be much easier to choose a book to help with your personal requirements.

Pay special attention to authors. Look for books written by experts in the self-help field. Many well-known professionals like Dr. Phil have resumes loaded with credentials, and books sporting their names as authors or endorsers. Look online for consumer ratings on self-help books. If a particular title or author has helped others, it may be worth your while to give it a shot. Choose wisely; there are many self-proclaimed "experts" that don't know a hill of beans about self-help. The thoughts and opinions of these phonies can produce two results: they can have no effect at all or worse, they can have a negative impact and make your situation even worse.

Research topics and authors, and read the reviews before you choose a self-help book. Larger book retailers have websites that include reviews by critics and readers. These reviews can be immensely helpful in narrowing your choices and ultimately helping you choose a book. Read the reviews; look for positive comments but pay particular attention to the negative ones. Find out why the book didn't work. Use these reviews as a guide but remember, your situation is unique and what works for some may not necessarily work for you.

Shopping online can be a great way to find self-help books at bargain prices. You might be able to build a small library of books for the same price you'd pay for a single title at the bookstore.

Ultimately, it's important to know that self-help books are intended as guides. If you have read the book but still haven't achieved the results you want, don't be afraid to seek the advice of an analyst or professional counselor.