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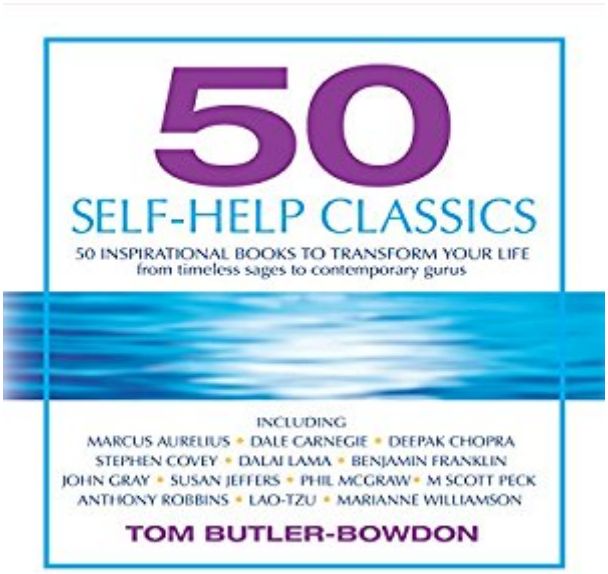
50 Self-Help Classics



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Synopsis

Thousands of books have been written offering the 'secrets' to personal 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? Bringing you the essential ideas, insights and techniques from 50 legendary works from Lao-Tzu to Benjamin Franklin to Paulo Coelho, 50 Self-Help Classics is a unique guide to the great works of life transformation. --This text refers to the Paperback edition.

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Customer Reviews

I read self-help books all the time, as I find them to be very inspirational and beneficial to maintaining a positive state of mind. During a search for a new book to read, I came across this volume of 50 self-help classics. In many ways, the information presented here is even better than what you'll find in a book by a particular author. This isn't meant to diminish the impact that full length self-help books have had on me, but only to drive home the point that the basic ideas in many of the books can be summarized in a few pages or even paragraphs. This particular collection is a fantastic starting point on ones journey of enlightenment. Perhaps it's all that some people will ever need or want. For me, since I've read the vast majority of books presented here ages ago, this provides me with a wonderful opportunity to expose myself to material that I've long ago forgotten.The bottom line is that this book presents a fantastic opportunity to delve into material that will have a positive effect on your life. Immersing yourself in material like this can truly be life changing. 5 stars.

In both this volume and in 50 Success Classics, Butler-Bowdon has selected and then provided a rigorous examination of carefully selected works which have had, for decades, a profound impact on those who read them and then applied the principles which their respective authors affirm. In this instance, inspiration and guidance to transform one's life. There are several reasons why I hold this volume in such high regard. Here are three.First, Butler-Bowdon has assembled excerpts and focused on key points from a wide variety of works which include (with authors listed in alphabetical order, as in the book), Marcus Aurelius' Meditations, Robert Bly's Iron John, Joseph Campbell with Bill Moyers' The Power of Myth, Dale Carnegie's How to Win Friends and Influence People, the Dalai Lama and Howard C. Cutler's The Art of Happiness, Wayne Dyer's Real Magic, Ralph Waldo Emerson's Self-Reliance, Benjamin Franklin's Autobiography, Lao Tzu's Tao Te Ching, Abraham Maslow's Motivation and Personality, Thomas Moore's Care of the Soul, Joseph Murphy's The Power of Your Subconscious Mind, Ayn Rand's Atlas Shrugged, and Henry David Thoreau's Walden. Obviously, some of this material would also be appropriate for inclusion in 50 Success Classics.Second, I appreciate the fact that Butler-Bowdon also enables his readers to focus on specific themes of greatest interest to them by suggesting combinations of selections as follows:The Power of Thought: Change your thoughts, change your lifeFollowing Your Dream: Achievement and goal settingSecrets of Happiness: Doing what you love, doing what worksThe Bigger Picture: Keeping it in perspectiveSoul and Mystery: Appreciating your depthMaking a Difference: Transforming yourself, transforming the worldThe diversity of Butler-Bowdon's primary sources is indeed impressive even when grouped according to a common theme.Third and finally, he makes clever use of a number of reader-friendly devices throughout his narrative, such as "In a nutshell," "Final comments," and a brief bio of the author at the conclusion of each selection. I also appreciate the inclusion of brief quotations wherever they are most relevant.In the Introduction, Butler-Bowdon observes that a self-help book "can be your best friend and champion, expressing a faith in your essential greatness and beauty that is sometimes hard to get from another person. Because of its emphasis on following your star and believing that your thoughts can remake your world, a better name for self-help writing might be the `literature of possibility.' Many people are amazed that the self-help sections in bookstores are so huge. For the rest of us, there is no mystery. Whatever recognizes our right to dream, then shows us how to make the dream a reality, is powerful and valuable."What he offers is by no means a buffet of motivational "hors d'oeuvres." On the contrary, the content selected is solid and skillfully presented within an appropriate context. I am convinced that many of those who read this book will be encouraged to read (or re-read) many of the primary

sources in their entirety. If Butler-Bowdon’s efforts accomplish nothing else, that will indeed be sufficient to earn the praise I think he has earned...and justly deserves.

Amazing overview of the different thinkers and their unique contributions through their theories. Can be red from begining to end, or simply open a random chapter any time. To me, It is like opening a new window to a different place, and fresh air running, each time I read any of the 50 book summaries. Activating mi inner awareness and desire to keep learning and growing.A great timeless refrerence. I love this book, as well as the 50 spiritual classics.

I was reluctant to buy this book at first, since it appeared to simply summarize the works of others rather than add anything new. However, I am VERY happy that I got the book. I LOVE it. First of all, it *does* add new thought to the body of self help literature, by making connections between the works of the great masters, thus reinforcing the most important discoveries as being universally recognized and withstanding the test of time. Secondly, the format is fantastic in that one can gain a large understanding of each work with just a few pages of summary bullets. I had previously read about 5 of the 50 books profiled, but I found that I had forgotten most of what I read, and was really happy to have a short refresher, since I am not likely to re-read those books. However, the greatest thing I got from this book is that it introduced me to some fantastic literary works that I had never even heard of, much less would have ever read, and now I know about these works and I am better for it. I even sought out a copy of a couple of the books that were covered, that I wanted to learn more about. I highly recommend this book as being both a thought provoking "great read", and as being a handy reference book to pick up again in the future for a quick refresher periodically.

I was introduced to new books thanks to these summaries. It’s a shame to not know about great resources. This book points to some of them. And if they are outside what you enjoy or outside your convictions (some of the books are quite nonChristian) no need to buy them. The author is blunt about where the authors comes from.

By far my favorite book. I love how much variety it offers. I typically read 1-2 summaries in one sitting which is about 10-12 pages. This alone is enough for my mind to reflect for hours and hours.

What an inspiration!This is what I call ’personal training for the brain’. I’m happy to have the kindle edition so I don’t have to hide the title in public (we don’t really want to get caught reading ’self help’

do we?) In fact, the only thing bad about this book IS the title!The author has done a fabulous job summarizing some of the most profound and inspirational works ever written. Ah-ha moments and truly introspective thoughts predominate while reading...(get your highlighter ready)Get it AND Gift it.

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