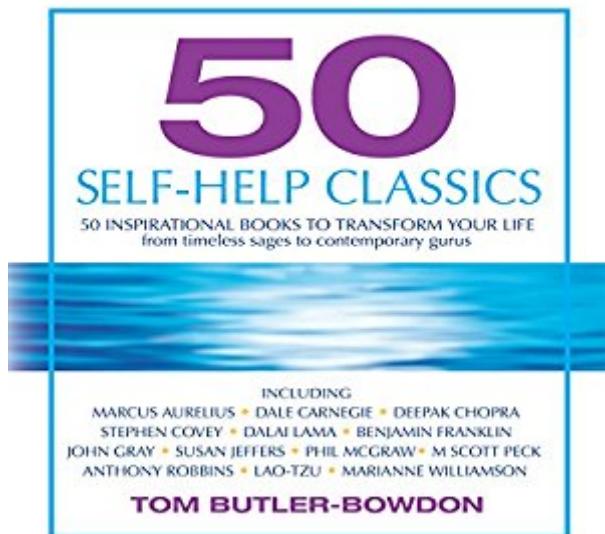


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# 50 Self-Help Classics



## **Synopsis**

Discover the books that have already changed the lives of millions. This award-winning, unabridged guide to the "literature of possibility" surveys 50 of the all-time classics, giving you their key ideas, insights, and applications, everything you need to know to start benefiting from these legendary works. From the ancient teachings of Buddha and The Bhagavad-Gita, to the early American wisdom of Emerson and Thoreau, to such contemporary giants as Wayne Dyer, Joseph Campbell, Daniel Goleman, and Norman Vincent Peale, these are the most influential thinkers and motivators spanning the world's religions, cultures, philosophies, and centuries. As you hear more about the landmark works of such blockbuster best-selling authors as Deepak Chopra, Phil McGraw, Anthony Robbins, Marianne Williamson, and more, you will learn how to: Change your thoughts to change your life Set goals and follow your dreams Appreciate your depth Transform yourself and your world

## **Book Information**

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## **Customer Reviews**

This is the only book I've ever read that made me jealous. I'm the author of the book *Self-Help Stuff That Works*, published in 1999, and I've never come across its equal (at least in my own biased opinion) until now. Many times while reading this book I felt jealous. Tom Butler-Bowdon has done things I wish I had done. And he writes with a powerful clarity I admire. Sometimes an author can say what another author has said, but say it clearer and better than the original author. Tom has done that in these pages. He often gets across the message of the original book with far more clarity and punch than the original ever had. Each classic has its own chapter and each chapter is wonderfully short. There is never a dull moment. The book has a lot of nice features too: pithy

quotes from the original book, a summary of the main point of each classic, and recommended books in a similar vein. At the end of each chapter is a short biography of the author. While reading this book I could feel that the author was really making sure I got my money's worth (and he succeeded). I have already read most of the fifty books, and it was wonderful to have the meat of those books extracted and laid bare. With Tom's book in my possession, I can now review one of these classics quickly and easily. Repetition is vital to learning, and yet I often don't re-read books because it is so time-consuming, even though I know I could be helped by a review of the material. Now I can review them without investing a lot of time. Tom clearly didn't choose these fifty books based on popularity. This is an excellent selection. The fifty classics are well-chosen and represent a balanced coverage of the field.

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.

50 Self-Help Classics: 50 Inspirational Books to Transform Your Life, From Timeless Sages to Contemporary Gurus  
50 Success Classics: Winning Wisdom for Life and Work from 50 Landmark Books  
50 Spiritual Classics: Timeless Wisdom from 50 Great Books on Inner Discovery, Enlightenment and Purpose  
In the first instance, I have bought these three books in one go because I have been fascinated by what the author had done: He has practised what is known as the highest level of reading. Mortimer Adler, in his classic book, 'How to Read a Book', written in the forties, had called it 'syntopical reading'. It's actually reading a number of books of the same genre, more or less

simultaneously & then synthesising the key points. Secondly, the author, who is a graduate of the London School of Economics, somehow impresses me with his ability to synthesise the big picture of each of the books that made up the entire collection. For apparently a left-brain thinker i.e. economist by training, this has been a very remarkable feat, as his synthesising endeavour has been essentially more of a right-brain activity. Well, I must compliment him for a job well done. Before my final decision on buying the three books, I have been thrilled by the prospect of reading three books, which in turn will give me access to one hundred & fifty books. For each book, the author has very artfully as well as skillfully selected fifty books to made up one collection. I may not agree with his selection, but I must admit that I can't default him at all. Take the first book, '50 Self Help Classics', with timeless wisdom, as an example. Out of the fifty books he has selected, I have read only seventeen of them. I have those books in my personal library.

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