



# Dear Hannah: 70 Method I Used and Abused to Change Who I Am

*Philip Dhingra*

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For Philip's 14th birthday, Hannah gave him Dale Carnegie's *How to Win Friends and Influence People*, which kicked off a life-long obsession with self-improvement. Over 16 years, Philip wrote 82 letters to Hannah describing every book, pop psych article, and method that he used—or abused. *Dear Hannah* is either a cautionary tale about self-improvement, or it is a filter for the 10% of self-help that may actually change your life.

**“Philip Dhingra’s letters to Hannah are a powerful exploration into the depths of self-help, personal-improvement, and life-transformation. Each letter to Hannah intimately unfolds a nugget of timeless wisdom & Philip’s practical application of each teaching translates easily to our own lives in the real world. With insight and vulnerability, Philip takes us to the core of his personal evolution and—letter-by-letter—we evolve with him.”**

—*Davidji, author of SECRETS OF MEDITATION*

**“Philip Dhingra’s words point for you to look within your own heart for peace. Drawn from his own journey, there’s no need to look outside ... all you need to know is within you. This book invites you to see for yourself the way to peace.”**

—*Bob Stahl, Ph.D, author of MINDFULNESS-BASED STRESS REDUCTION WORKBOOK*

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