



Help!: Debunking the Outrageous Claims of Self-Help Gurus

Paul Damien

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Under the guise of self-help, a disturbing tribe of gurus has formed; its leaders include Deepak Chopra and, most recently, Rhonda Byrne with her much-ballyhooed *The Secret*. Do these authors really provide helpful and coherent ideas about dealing with life's issues? In *Help!: Debunking the Outrageous Claims of Self-Help Gurus*, Paul Damien exposes these authors and other professionals in this field as emperors without clothing. With a devastating combination of humor, satire, and logic, he reveals the vagueness, vapidness, and utter silliness that constitute the work of many prominent self-help authors. Drawing on influences such as Emily Dickinson, Richard Feynman, and Bertrand Russell, Dr. Damien shows that self-help books are about as useful as a root canal on a toothless person.

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