



# **The Last Self-Help Book You'll Ever Need: Repress Your Anger, Think Negatively, Be a Good Blamer, and Throttle Your Inner Child**

*Paul Pearsall*

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Although the tenets of self-help have been attacked before, Pearsall is the first psychologist to expose these deeply entrenched ideas to scientific scrutiny. And unlike other debunking books, *The Last Self-Help Book You'll Ever Need* goes beyond skepticism to propose a set of life-affirming (and refreshingly contrarian) axioms that can help anyone lead the Good Life.

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