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The End of Self-Help: Discovering Peace and Happiness Right at the Heart of Your Messy, Scary, Brilliant Life

Dr. Gail Brenner

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2015 USA Best Book Awards; winner Self-Help: General
2015 Living Now Book Awards; tied for silver; Personal Growth/Motivation category

The self-help industry perpetuates the myth that we are limited, damaged, inadequate selves who need to be fixed. Sadly, it keeps millions of us hoping for a better future when we will finally be happy and fulfilled.

But what if it's possible, at any moment, to be peaceful and free? In The End of Self Help: Discovering Peace and Happiness Right at the Heart of Your Messy, Scary Brilliant Life, psychologist Gail Brenner, Ph.D. reveals that in fact, it is - once we realize that who we are is not defined by our distorted thoughts and painful feelings.

With an infectious spirit, Dr. Brenner describes how personal suffering is a case of mistaken identity. She walks with readers as they expand their attention beyond their well-worn troubles to the very source of happiness and peace: presence itself. Guided audio meditations, included with each chapter, help light the way.

The End of Self-Help makes ancient teachings accessible to the modern mind. It's a must-read for anyone who has finally realized that self-help doesn't actually help. You'll discover the fulfillment you've been longing for - the living, breathing possibility of peace now...and now...and now...

"This is not a book for just reading. This is one of those books to live with, to experiment with its ideas and discover the magic in the words as they reveal a deeper peace that we all have within ourselves. The author is extremely generous in offering support for our individual journey to find this peace, through her guided meditations, her YouTube videos, and her website. I have been through this book five times now, and still I find more within its pages..." -UK Reader

"I love this book. It is a bit like the power of now but I think it's easier to understand and it goes more in depth into why we suffer and why we play out habits that do not serve us. It cuts right through the layers of mental conditioning that stop you seeing life clearly, so that you can fully experience the peace that exists in the present moment. I cannot rate this book highly enough. It is one I am sure I will reread numerous times." -UK Reader

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