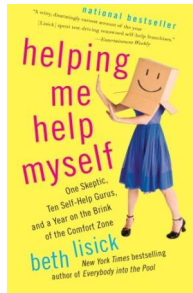


## Helping Me Help Myself: One Skeptic, Ten Self-Help Gurus, and a Year on the Brink of the Comfort Zone



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