

## Self Help and Health

Authors	Authors	Title	Genre	SubGenre	Topic	Link
Abrahms Spring	Janis	After the Affair: Healing the Pain and Rebuilding Trust When a	Non-Fiction	Self Help	Marriage Counseling	<a href="#">LibraryThing</a>
Blanchard,	Kenneth	The One Minute Apology	Non-Fiction	Self Help	Leadership Management	<a href="#">LibraryThing</a>
Block	Peter	Stewardship: Choosing Service Over Self Interest	Non-Fiction	Self Help	Leadership Management	<a href="#">LibraryThing</a>
Buzan	Tony	Speed Reading	Non-Fiction	Self Help	Personal Development	<a href="#">LibraryThing</a>
Buzan	Tony	Use Your Head	Non-Fiction	Self Help	Memory, study skills	<a href="#">LibraryThing</a>
Carnegie	Dale	How to Win Friends and Influence People	Non-Fiction	Self Help	Personal Development	<a href="#">GoodReads</a>
Covey	Sean	The 7 Habits of Highly Effective Teenagers	Non-Fiction	Self Help	Life Skills	<a href="#">LibraryThing</a>
Dyer	Wayne	Wishes Fulfilled: Mastering the Art of Manifesting	Non-Fiction	Self Help	Spirituality	<a href="#">LibraryThing</a>
Dyer	Wayne	The Power of Intention	Non-Fiction	Self Help	Spirituality	<a href="#">LibraryThing</a>
Finley	Guy	The Secret of Letting Go	Non-Fiction	Self Help		
Frankel	Lois	Nice Girls Don't Get the Corner Office	Non-Fiction	Self Help	Personal Development	<a href="#">LibraryThing</a>
Friday	Nancy	My Mother My Self	Non-Fiction	Self Help	Psychology	<a href="#">LibraryThing</a>
McKnight	Thomas	Love tactics: How to Win the One you Want	Non-Fiction	Self Help	Dating, Relationships	<a href="#">LibraryThing</a>
Yalom	Irvin	Staring at the Sun: Overcoming the Terror of Death	Non-Fiction	Self Help	Psychotherapy; Death	<a href="#">LibraryThing</a>
Thomson	Peter/Do	Complete Food: The Hay Diet	Non-Fiction	Health	Cookbook	<a href="#">GoodReads</a>
Sobel	Dava	Backache: What Exercises Work	Non-Fiction	Health	Fitness	<a href="#">LibraryThing</a>
Wahls	Terry	The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune...	Non-Fiction	Health	Nutrition, Diet	<a href="#">LibraryThing</a>