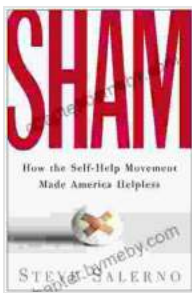


# How the Self-Help Movement Made America Helpless

The self-help movement has been a staple of American culture for decades. From Dale Carnegie's *How to Win Friends and Influence People* to Tony Robbins' *Awaken the Giant Within*, self-help books have promised to help us achieve our full potential, be happier, and live more fulfilling lives.



## Sham: How the Self-Help Movement Made America

**Helpless** by Steve Salerno

★★★★☆ 4.1 out of 5

Language	: English
File size	: 556 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 288 pages
Screen Reader	: Supported
X-Ray	: Enabled



But what if the self-help movement has actually made us more narcissistic, less resilient, and less compassionate?

That's the argument that clinical psychologist Adam Grant makes in his new book, *How the Self-Help Movement Made America Helpless*. Grant argues that the self-help industry has created a culture of entitlement and victimhood, in which people believe that they deserve success and happiness without having to work for it.

Grant also argues that the self-help movement has led to a decline in resilience. When people are constantly told that they can achieve anything they set their minds to, they become less likely to persevere when they face setbacks. They also become more likely to blame others for their failures.

Finally, Grant argues that the self-help movement has made us less compassionate. When people are focused on their own happiness, they are less likely to care about the needs of others. They are also more likely to judge and criticize others who are struggling.

Grant's book is a timely and important critique of the self-help movement. He argues that the movement has created a culture of narcissism, victimhood, and entitlement that is harming our society. Grant also offers some practical advice for how we can break free from the self-help trap and build a more resilient, compassionate, and fulfilling life.

**Here are some of the key points from Grant's book:**

- The self-help movement has created a culture of entitlement and victimhood, in which people believe that they deserve success and happiness without having to work for it.
- The self-help movement has led to a decline in resilience. When people are constantly told that they can achieve anything they set their minds to, they become less likely to persevere when they face setbacks.
- The self-help movement has made us less compassionate. When people are focused on their own happiness, they are less likely to care about the needs of others.

- We can break free from the self-help trap by focusing on our values, building strong relationships, and giving back to our communities.

Grant's book is a must-read for anyone who is interested in the self-help movement or in the state of American culture today. It is a thought-provoking and challenging book that will make you rethink your own beliefs about success, happiness, and the meaning of life.

### **About the Author**

Adam Grant is a clinical psychologist and professor at the Wharton School of the University of Pennsylvania. He is the author of several bestselling books, including *Give and Take* and *Originals*. Grant's research has been featured in the *New York Times*, the *Wall Street Journal*, and the *Harvard Business Review*.

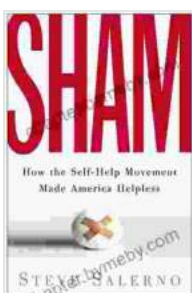
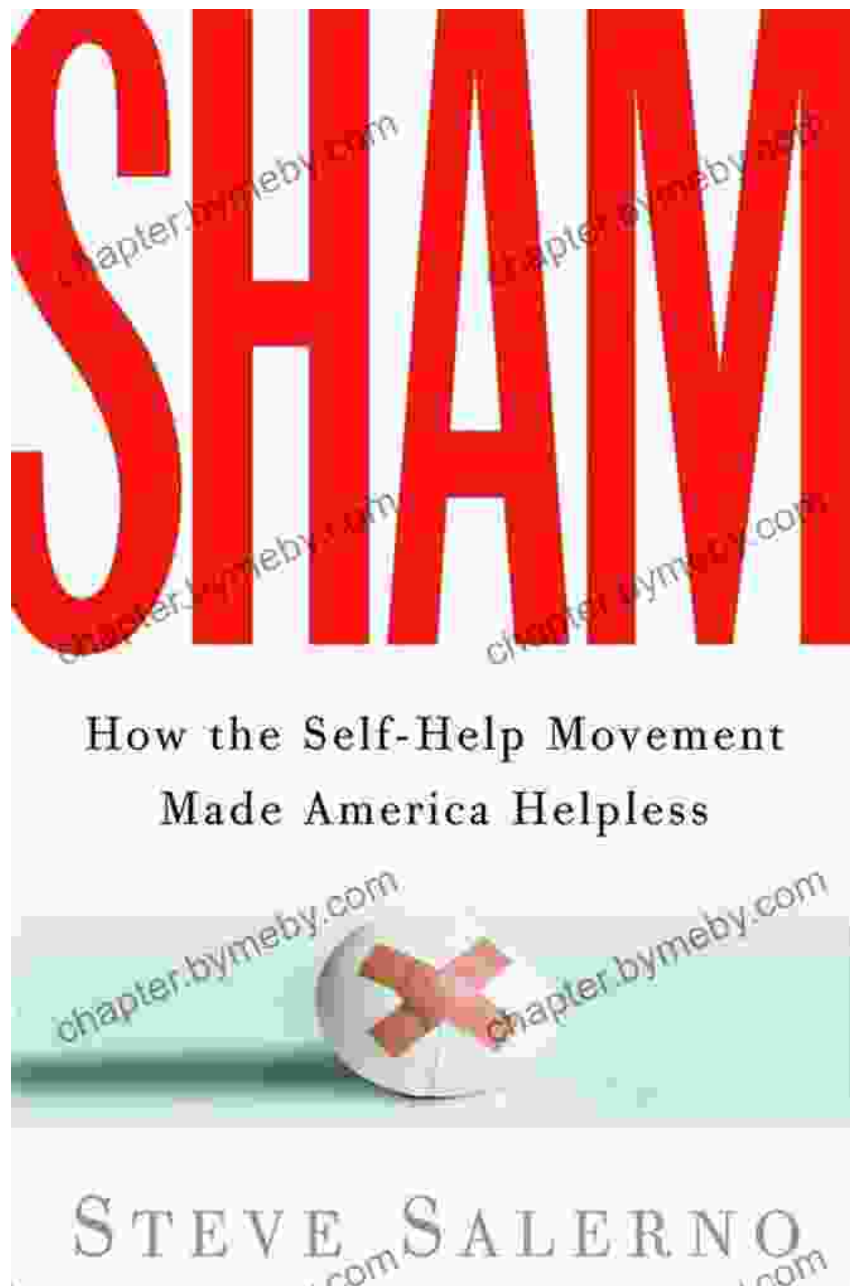
### **Praise for *How the Self-Help Movement Made America Helpless***

"A brilliant and timely critique of the self-help movement. Grant shows how the pursuit of happiness has made us more narcissistic, less resilient, and less compassionate. This book is a must-read for anyone who wants to understand the state of American culture today."—**Susan Cain**, author of *Quiet*

"Grant's book is a powerful indictment of the self-help industry. He shows how the relentless pursuit of happiness has created a culture of entitlement and victimhood that is harming our society. This book is a wake-up call for anyone who cares about the future of America."—**Jonathan Haidt**, author of *The Righteous Mind*

**Free Download Your Copy Today**

*How the Self-Help Movement Made America Helpless* is available now from all major booksellers.



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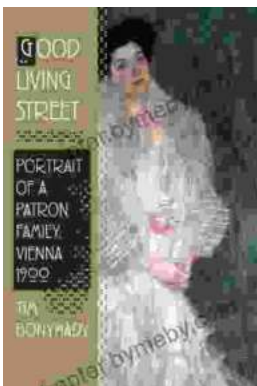
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