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Rockstar Publishing House, United States, 2015. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Focused on Helen Woo s acronym for Self-Aid, Self Aid- Inspirations to Turn Struggles into Success, highlights quotes from many famous authors that Helen has adapted to her own Wooisms, her interpretation of the famous quotes which spoke to her throughout her healing process. Having struggled through self- esteem issues, grief, mental and physical abuse, as well as depression and great financial loss, Ms. Woo shares these quotes with the hope of making a difference in the lives of others who desire positive change from experiences similar to hers. Self-Aid: Inspirations to Turn Struggles into Success, is a self-help book filled with inspirations, affirmations, andpositive thoughts to encourage, empower, enlighten, and simply lift up your spirits. Author Helen Woo invites you to take this book along with you on your journey. She believes that everyone has the power to create her/his own outcome; it starts with our thoughts and words. This book is a reminder that in us, we have the ability to achieve greatness. If we own it and will it, we will have it. For good days and for bad, we can give ourselves a little nudge: one positive affirmation, one little inspiration or a simple reminder that it will get better Ultimately, we will live the life we were meant to live: a happy one; it all starts with Self-Aid.

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