

The Last Self-Help Book You'll Ever Need: Repress Your Anger, Think Negatively, Be a Good Blamer, and Throttle Your Inner Child

By Paul Pearsall

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Although the tenets of self-help have been attacked before, Pearsall is the first psychologist to expose these deeply entrenched ideas to scientific scrutiny. And unlike other debunking books, *The Last Self-Help Book You'll Ever Need* goes beyond skepticism to propose a set of life-affirming (and refreshingly contrarian) axioms that can help anyone lead the Good Life.

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Editorial Review

From Publishers Weekly
Kudos to Pearsall (*The Pleasure Prescription*) for arguing against the "platitudes of self-empowerment" that dominate the self-help bookshelves. Their relentlessly upbeat tone and unrealistic idea of happiness will only make you feel worse, he says. Using research studies to bolster his points, Pearsall takes on the "McMorals, tenets about life that go down easily but aren't good for our long-term well being," as well as popular practitioners, such as Dr. Phil. Pearsall, an adjunct clinical professor at the University of Hawaii at Manoa, wants readers to stop being so self-centered. It's more important, he says, to love others before oneself, and appropriate guilt and anxiety are essential to learning to live a better life. "Stop expressing yourself," he says. "Shut up and listen." And don't avoid blaming: "Finding the right person to blame is essential for mental health." He explains cogently why such statements make more sense than the usual self-help shibboleths. Sometimes, particularly in chapters that tackle diet and aging, Pearsall sounds preachy and falls into the self-help trap of making generalizations without backup. But this contrarian volume gives readers plenty to consider and offers a hopeful and helpful approach to being mindful and fully engaged in each moment—good or bad. *(May)*
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Review
"[A] series of intelligent and often hilarious assaults on the premises and practices of what Pearsall calls the sex establishment or 'sex syndicate.' Pearsall's book is carefully researched and beefed up by his extensive clinical experience and credentials."

About the Author

Paul Pearsall, Ph.D., is an internationally recognized neuropsychologist, and is an adjunct clinical professor at the University of Hawaii at Manoa. He is also a popular writer and speaker, and has appeared on national television and radio programs. His previous books include *The Beethoven Factor* and the best-selling *The Pleasure Prescription*. He lives in Honolulu, Hawaii.

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Michael Aldrich:

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