

E-books from ManageTrainLearn

Life-Changers

**The Top 100 Self-help
Books that Changed
Our Lives**



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Introduction

This book arose out of a question posed by Stella Collins on the Training Journal forum in October 2009. Stella asked: “I recently saw millionaire investor Warren Buffet on TV saying that the one book he read that changed his life was Dale Carnegie’s “How To Win Friends and Influence People”. It got me wondering: what book has changed your life?”

We, at ManageTrainLearn, were so taken by the idea that we put the same question to our friends in the online learning, coaching and self-help world. Within 3 weeks, we’d received over 300 replies and sparked interest, discussion and debate across the Internet. Rather than see the contributions disappear into the thin air of cyberspace, we decided to compile the replies and make them available to a wider audience in a free e-book. And this book is the result.

In compiling the list we did 2 things. First, we limited the list to 100, based on the frequency of nominations (and maybe some personal editing on our part.) Secondly, we eliminated the following on the grounds that they were not strictly-speaking self-improvement books: religious texts; works of pure fiction; classic works of literature; culture-specific works; and technical manuals.

What we were left with were the most favourite self-help books amongst the self-help community. We present them here in alphabetical order accompanied by reviews from amazon and thumbnail book covers also from amazon.

Like us, you will probably discover some of your own favourites and some that you've never come across before. We hope that this will spark your curiosity and kick-start your further self-development.

Our thanks go to Stella Collins for the idea, all the contributors for their suggestions, and, of course, to those writers who have changed, and are still changing, all our lives.

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Note: Stella Collins provides technical and management training to business using brain friendly techniques through her company Stellar Learning. Find her at www.stellarlearning.co.uk