



Help Yourself: Finding Hope, Courage, And Happiness

Dave Pelzer

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As nearly four million readers have learned from his three previous books, Dave Pelzer doesn't believe in feeling sorry for himself. Abused mercilessly by his mother as a child, Dave has taken everything that happened to him and turned it into something positive so that he can help others. Now happily married and with a child of his own, he celebrates the twin pillars of strength that saw him through his darkest hours: resilience and gratitude. And he shows how anyone can tap into these virtues to live a better and more fulfilling life.

In **Help Yourself**, Dave Pelzer explains how to move beyond a painful history, harmful negative thoughts, and innumerable setbacks by urging readers to take control and be accountable for their lives. Filled with his own history, as well as the personal struggles of others who have learned how to turn adversity into triumph, **Help Yourself** is a rousing call to readers who want real answers to real problems. Never before in paperback, it will undoubtedly join Pelzer's previous paperbacks on bestseller lists for years to come.

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