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Dave Pelzer - The Official Site - Help Yourself

Help Yourself: Finding Hope, Courage, and Happiness is a 2000 self-help book by American author Dave Pelzer. It is the fourth book that Pelzer has written prior to *The Privilege of Youth* which continues the "Child Called "It" series. Content. In the book, Pelzer discusses the path to the accomplishment of life's goals.

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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.

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