

PHILOSOPHY

# TONO-BUNGAY

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No, this is not about [H.G. Wells' book](#), but about [Paul Pearsall](#) (who quotes Wells) and what he has to say about the ever increasing self-help-, Dr. Phil-, Dr. Laura- and Dr. Ruth- and whatsoever market [The Last Self-Help Book You'll Ever Need: Repress Your Anger, Think Negatively, Be a Good Blamer, and Throttle Your Inner Child](#).

Publisher Weekly says that he is

... 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 ... 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.

I enjoyed every sentence of this book, the inner pages fulfill what the title promises: A realistic approach that follows sound scientific principles.

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