



The Self Helper: An Interactive Self-Discovery Workbook Journal

By Adam Wolfe

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Self Helper is an interactive self-discovery workbook and journal. If we are truly going to help each other and the world, we need to work on our selves first. The Self Helper was created to do just that.



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