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The Self Improvement Show
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April 30th 2015: Why Self Help Doesn't Work

Ph.D. psychologist Gail Brenner, author of *The End of Self Help: Discovering Peace and Happiness Right at the Heart of Your Messy, Scary Brilliant Life*, says that's because these and other self-help techniques aren't nearly as effective as their popularity suggests. The real key to peace and happiness, Gail explains, lies in understanding that you are innately whole and don't need to "fix" yourself or your life and by intentionally shifting your attention away from the stories and dramas and focusing instead on your awareness of any given moment as it unfolds. Ultimately, the drama and struggle

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Featured Guest



Dr. Gail Brenner

Gail Brenner received her B.A. from Carnegie-Mellon University and her Ph.D. from Temple University. She completed a post-doctoral fellowship at the University of Florida

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