

Yes, the last word in self-help is "Help!"

It's that simple and it's not easy, but it is possible when we embrace the requisite courage to live life as it comes. What does that mean? That's the ticket. Whatever you think and feel. I see it as participating in life three ways:

- Helping myself become my better self.
- Helping others become their better selves.
- Helping the planet continue as our vital home.

While my life began at birth (1938), living – realizing I was responsible for my behavior and accountable for my actions – began later (in 1951 my first live dumped me because I was a jerk). I now see the better way to live is with personal courage, a resolve to accept life as it comes.

As for helping others, the short answer is also courage, *en*-couraging them as they meet new life challenges.

Helping the planet, however, means living responsibly and may be the greater challenge of these, my sacred triad.

That's my view on self-help. It's a short book. I wrote it in jest – wanting my speaking buddies to stop bugging me about writing a book – but it does reveal my personal truth:

I'm on a quest to live my best
To seek my joy, to feel the zest
Which flows from life as my[true]self
Engaging what is on my shelf.

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The Last Word in Self-Help

Fourteenth Edition

an exploration with
Gordon G Hill

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