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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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This inspiring conclusion to Dave Pelzer's multi-million copy bestselling titles takes Dave's story up to the present and for the first time offers the invaluable life lessons he learned along the way. A Child Called It, The Lost Boy, A Man Named Dave and Help Yourself have all been on the non-fiction bestsellers since UK publication.

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