



The End of the Self-help Book

Grant Fisher

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Many books on the self-help shelf make promises. But very few deliver. This book makes no claim to being the last word on self-help. Rather, it represents the author's transition from a position of seeking answers from other people and the outside world to that of finding answers to the mysteries of life from within - from the mystical immeasurable mind within us all. It is a journey of self-discovery with an open invitation to the reader, who is encouraged to look for wisdom in the outside world of politics, religion, philosophy, literature, and business, but not to stop there. For the most important learning is self-knowledge. This is a journey that we travel alone, but not completely. The wisdom of the great philosophers, poets, and scientists of history and the present, are beacons to guide us, so long as we pay attention. We do not have the power over all the circumstances in our life. But we do have the power to change. This book makes just one promise: to leave you wanting to know more.

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