

SHAM

How the Self-Help Movement
Made America Helpless



STEVE SALERNO

Sham How The Selfhelp Movement Made America Helpless

G Thomas



Sham How The Selfhelp Movement Made America Helpless:

Sham Steve Salerno, 2005-06-21 Self help To millions of Americans it seems like a godsend To many others it seems like a joke But as investigative reporter Steve Salerno reveals in this groundbreaking book it s neither in fact it s much worse than a joke Going deep inside the Self Help and Actualization Movement fittingly the words form the acronym SHAM Salerno offers the first serious expos of this multibillion dollar industry and the real damage it is doing not just to its paying customers but to all of American society Based on the author s extensive reporting and the inside look at the industry he got while working at a leading lifestyle publisher SHAM shows how thinly credentialed experts now dispense advice on everything from mental health to relationships to diet to personal finance to business strategy Americans spend upward of 8 billion every year on self help programs and products And those staggering financial costs are actually the least of our worries SHAM demonstrates how the self help movement s core philosophies have infected virtually every aspect of American life the home the workplace the schools and more And Salerno exposes the downside of being uplifted showing how the empowering message that dominates self help today proves just as damaging as the blame shifting rhetoric of self help s Recovery movement SHAM also reveals How self help gurus conduct extensive market research to reach the same customers over and over without ever helping them The inside story on the most notorious gurus from Dr Phil to Dr Laura from Tony Robbins to John Gray How your company might be wasting money on motivational speakers executive coaches and other quick fixes that often hurt quality productivity and morale How the Recovery movement has eradicated notions of personal responsibility by labeling just about anything from drug abuse to sex addiction to shoplifting a dysfunction or disease How Americans blindly accept that twelve step programs offer the only hope of treating addiction when in fact these programs can do more harm than good How the self help movement inspired the disastrous emphasis on self esteem in our schools How self help rhetoric has pushed people away from proven medical treatments by persuading them that they can cure themselves through sheer application of will As Salerno shows to describe self help as a waste of time and money vastly understates its collateral damage And with SHAM the self help industry has finally been called to account for the damage it has done Also available as an eBook

Redirect Timothy Wilson, 2011-09-01 A problem shared is a problem halved Not necessarily Talking about our problems isn t always a good idea World renowned psychologist Timothy Wilson reveals how this and many other conventional therapies and interventions can often do us more harm than good Presenting the very latest research Wilson argues that the key to transforming our lives lies simply in learning to redirect the stories we tell ourselves His revolutionary approach reveals how reshaping our internal narratives can increase our personal well being and transform our understanding of human behaviour our narratives can change surprisingly quickly if tweaked in the right way How can we best recover from trauma Why might some sex education result in more teen pregnancies Why will most self help books leave you worse off *Redirect* proposes a radical new view of the world It also offers a range of practical advice that has

crucially been tested scientifically and found to have real results that can show us the way to social progress

Life Advice from Below Eric C. Hendriks, 2017-07-03 In *Life Advice from Below* Eric C Hendriks offers the first systematic comparative study of the globalization of American style self help culture and the cultural conflicts this creates in different national contexts The self help guru is an archetypical American figure associated with individualism materialism and the American Dream Nonetheless the self help industry is spreading globally thriving in China and other seemingly unlikely places Controversy follows in its wake as the self help industry operating outside of formal education and state institutions outflanks philosophical religious and political elites who have their own visions of the Good Life Through a comparison of Germany and China Hendriks analyzes how the competition between self help gurus and institutional authorities unfolds under radically different politico cultural regimes This witty book charms its way through a very serious sociology of the seriously quirky field of self help books Read it for its fascinating pop culture insights and you ll come away with a deep understanding of contemporary sociological theory Highly recommended Salvatore Babones University of Sydney Hendriks finding that Germany rather than China is more resistant to self help gurus offers a powerful corrective to the assumption in much of the globalization literature that the greatest cultural divide is between the Anglo Western European sphere and the rest of the globe Rodney Benson New York University

How Pop Culture Shapes the Stages of a Woman's Life Melissa Ames, Sarah Burcon, 2016-03-15 Contemporary popular culture has created a slew of stereotypical roles for girls and women to willingly or not play throughout their lives The Princess the Nymphette the Diva the Single Girl the Bridezilla the Tiger Mother the M I L F the Cougar and more In this book Ames and Burcon investigate the role of cultural texts in gender socialization at specific pre scripted stages of a woman s life from girls to the golden girls and how that instruction compounds over time By studying various texts toys magazines blogs tweets television shows Hollywood films novels and self help books they argue that popular culture exists as a type of funhouse mirror constantly distorting the real world conditions that exist for women magnifying the gendered expectations they face Despite the many problematic conflicting messages women receive throughout their lives this book also showcases the ways such messages are resisted allowing women to move past the blurry reality they broadcast and toward hopefully gender equality

Hacking Life Joseph M. Reagle, Jr., 2020-02-18 In an effort to keep up with a world of too much life hackers sometimes risk going too far Life hackers track and analyze the food they eat the hours they sleep the money they spend and how they re feeling on any given day They share tips on the most efficient ways to tie shoelaces and load the dishwasher they employ a tomato shaped kitchen timer as a time management tool They see everything as a system composed of parts that can be decomposed and recomposed with algorithmic rules that can be understood optimized and subverted In *Hacking Life* Joseph Reagle examines these attempts to systematize living and finds that they are the latest in a long series of self improvement methods Life hacking he writes is self help for the digital age s creative class Reagle chronicles the history of life hacking from Benjamin Franklin s *Poor Richard s Almanack* through

Stephen Covey's 7 Habits of Highly Effective People and Timothy Ferriss's The 4 Hour Workweek He describes personal outsourcing polyphasic sleep the quantified self movement and hacks for pickup artists Life hacks can be useful useless and sometimes harmful for example if you treat others as cogs in your machine Life hacks have strengths and weaknesses which are sometimes like two sides of a coin being efficient is not the same thing as being effective being precious about minimalism does not mean you are living life unfettered and compulsively checking your vital signs is its own sort of illness With Hacking Life Reagle sheds light on a question even non hackers ponder what does it mean to live a good life in the new millennium

The Pleasures of Reading Catherine Sheldrick Ross, 2014-06-27 Based on years of ground breaking research this book supplies a look at the unique relationship between each text and the individual reader that results in a satisfying pleasurable and even life changing reading experience Following up on her critically acclaimed Reading Matters What the Research Reveals about Reading Libraries and Community Catherine Sheldrick Ross takes a new look at pleasure reading through 30 thought provoking essays based on themes arranged from A to Z In short lively chapters she discusses topics ranging from Alexia Bad Reading and Changing Lives to Romance Fiction Self help Titles Vampires and Year of Reading Drawing on her own research as well as other published sources Ross comments on the significance of each theme provides examples of the phenomenon and develops the topic chronologically through further examples or through reversals The essays are unified by an underlying theory of reading that views readers as sense makers actively engaged in reading themselves into the text and reading the texts back into their own lives It gives educators and librarians insights into their roles with readers and offers a message about the importance of pleasure reading A short list of resources for further reading is supplied with each topic

Skeptic Michael Shermer, 2016-01-12 Collected essays from bestselling author Michael Shermer's celebrated columns in Scientific American For fifteen years bestselling author Michael Shermer has written a column in Scientific American magazine that synthesizes scientific concepts and theory for a general audience His trademark combination of deep scientific understanding and entertaining writing style has thrilled his huge and devoted audience for years Now in Skeptic seventy five of these columns are available together for the first time a welcome addition for his fans and a stimulating introduction for new readers

Wrath Peter W. Wood, 2021-10-12 Anger now dominates American politics It wasn't always so Happy Days Are Here Again was FDR's campaign song in 1932 By contrast candidate Kamala Harris's 2020 campaign song was Mary J Blige's Work That Let em get mad They gonna hate anyway Both the left and right now summon anger as the main way to motivate their supporters Post election both sides became even more indignant The left accuses the right of insurrection The right accuses the left of fraud This is a book about how we got here about how America changed from a nation that could be roused to anger but preferred self control to a nation permanently dialed to eleven Peter W Wood an anthropologist has rewritten his 2007 book A Bee in the Mouth Anger in America which predicted the new era of political wrath In his new book he explains how American culture beginning in the 1950s made a performance art out of

anger how and why we brought anger into our music movies and personal lives and how having step by step relinquished our old inhibitions on feeling and expressing anger we turned anger into a way of wielding political power But the angri culture as he calls it doesn't promise happy days again It promises revenge And a crisis that could destroy our republic

Scientific American ,2005 Marx and Alienation in Contemporary Society Barry Padgett,2007-06-15 Analyses at least four fundamental manifestations of the corrosive nature of American style capitalism and argues that Marx's analyses of negative aspects of capitalism are still widely relevant today **Navigating the Mindfield** Scott O. Lilienfeld,John Ruscio,Steven Jay Lynn,2008 A dizzying array of popular psychology books articles and promotion campaigns tout a multitude of remedies for psychological problems If you or someone you know is seeking therapy this excellent reference book will provide needed guidance for navigating the mental health maze *American Book Publishing Record* ,2003

International Abstracts of Human Resources ,2006 **Across the Board** ,2006 *Iowa Alumni Magazine* ,2008
Body & Soul ,2006 *Happiness is the Cure* Uriel Grezemkovsky,2005 The American Enterprise ,2005 **In the Company of Others** J. Dan Rothwell,2010 Communication competence is vital for attaining most goals in life In order to help students apply theoretical lessons to their own skills In the Company of Others uses an organizing communication competence model to provide students with direction and guidance as they explore and improve their own communication processes Marked by J Dan Rothwell's signature wit this new edition engages students more than ever with its lively mixture of examples drawn from pop culture sports and today's headlines anecdotes and illustrations Focusing on the contexts of interpersonal small group and public communication this introductory text integrates coverage of gender and culture throughout giving these areas special attention early on in Chapter 3 Further discussions include cultural differences in perception and non verbal meanings cross cultural friendships and romantic relationships and gender and cultural bias in the workplace In addition the text incorporates coverage of technology and its impact on communication throughout Topics include virtual groups technology's effect on dating relationships and the use of PowerPoint in public speaking The book also features distinctive coverage of power treating it as a central variable within all communication The streamlined third edition also presents a variety of new examples and enhanced pedagogical features Developing Communication Competence boxes offer self tests that help students assess their own communication skills and progress Topics include nonverbal communication abilities assertiveness listening capabilities and responsiveness Focus on Controversy boxes examine ethical issues and instances in which communication research is instrumental in debunking assumptions and pop culture myths Coverage includes cyberaddiction the credibility of Wikipedia the debate over animals linguistic abilities and the relationship between gender and aggression Film School sections explore communication concepts in popular films such as conflict management in *Knocked Up* and family dialectics in *Juno* A unique blend of research scholarly insight and humor In the Company of Others Third Edition is ideal for introductory communication courses SUPPLEMENTS Companion Website

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A Bee in the Mouth Peter Wood,2006 In taking readers on a guided tour of American acrimony Wood traces the roots of anger s triumph in today s social and political world

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