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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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Dave Pelzer is the #1 New York Times bestselling author of *A Child Called "It"*, *The Lost Boy*, *A Man Named Dave*, *Help Yourself*, and *The Privilege of Youth*. He travels more than 250 days a year throughout the nation speaking to large groups of youth and adults on...

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