



## Helping Me Help Myself

*Beth Lisick*

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## **Helping Me Help Myself** Beth Lisick

Beth Lisick has had a lifelong phobia of anything slick, cheesy, or that remotely claims to provide self-empowerment. But on New Year's Day 2006, she wakes up finally able to admit that something has to change. Determined to confront her fears head-on, Beth sets out to fix her life by consulting the multimillion-dollar-earning experts. In Chicago, she gets proactive with *The Seven Habits of Highly Effective People*. In Atlanta, she struggles to understand why "women are from Venus." She gamely sweats to the oldies on a weeklong Cruise to Lose with Richard Simmons on the high seas of the Caribbean. Throughout this yearlong experiment, Beth tries extremely hard to maintain her wry sense of humor and easygoing nature, even as she starts to fall prey to some of the experts' ideas—ideas she thought she'd spent her whole life rejecting.

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