

SHAM

How the Self-Help Movement
Made America Helpless



STEVE SALERNO

Sham How The Selfhelp Movement Made America Helpless

Steve Salerno



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

Instant Appeal Vicki KUNKEL, 2008-11-26 Discover the hidden secrets of mass appeal and use them to create unbreakable allegiance for products people and ideas

The Wiley Handbook of Positive Clinical Psychology Alex M. Wood, Judith Johnson, 2016-04-21 Edited by the founder of the field this is the first handbook on positive clinical psychology a revolutionary approach that places equal importance on both the positive and negative aspects of mental health and well being The first handbook on positive clinical psychology a revolutionary approach that places equal importance on the positive and negative aspects of mental health and well being Brings together new work from authorities in positive psychology and clinical psychology to offer an integrated examination of well being as it relates to personality psychopathology psychological treatments and more Discusses theory research and practice across a broad range of topics

such as optimism positive affect well being therapy childhood well being evolutionary perspectives and clinical implementation Contains essential information for researchers instructors and practitioners in clinical psychology positive psychology mental health and well being in general

The Metrics of Happiness R. Allan Freeze, 2022-08-24 This book provides a comprehensive treatment of how happiness and wellbeing are measured It presents an accessible summary of the philosophy methodology and applicability of the various measurement techniques that have been generated by the leaders of the happiness movement It traces the history of development of the core ideas and clarifies the unexpectedly wide range of techniques that are used The book provides an unbiased assessment of the strengths and weaknesses of each approach and differentiates the contributions that have been made by psychologists economists environmentalists and health scientists It examines applications at a personal scale in the workplace at a societal scale and on the world stage It does so in an easy to read anecdotal writing style that will appeal to a wide range of academic and lay readers who enjoy popularized non fiction that address matters of social concern

Balderdash Antti P. Balk, 2012 Discussing everything from God to Santa Claus Prozac to the Taliban and beyond the author asserts that ethics is balderdash

Education, Parenting, and Mental Health Care in Europe Nicolas Marquis, 2024-02-28 This edited collection investigates from a sociological perspective what it means to create an autonomous individual through a novel exploration of three central fields of sociology education mental health care and parenting By linking these three aspects through their contribution to the building of an autonomous child the volume analyses the intersecting roles of parent teacher and caregiver as well as the transformations in identities of child pupil and patient to understand the construction and repair of autonomy Using a comparison of various case studies across Scandinavian English speaking and French speaking countries chapters explore why personal autonomy is so important in many societies and demonstrate the conceptual and practical challenges the idea brings Ultimately the book provides an innovative contribution to the fields of educational sociology and the philosophy of education as well as parenting studies and the sociology of mental health by making the case for taking autonomy and its paradoxes seriously This cross disciplinary volume will be of interest to scholars researchers and postgraduate students working in sociology and the philosophy of education parenting mental health and child development more broadly Those with a focus on the study of individualistic societies will also find the volume of use The Open Access version of this book available at www.taylorfrancis.com has been made available under a Creative Commons Attribution CC BY 4.0 license

Freedom from Work Daniel Fridman, 2023-05-25 A refreshing and rigorous analysis of financial self help that gets to the heart of identity formation in neoliberalism sociology at its best Peter Miller London School of Economics In this era where dollar value signals moral worth Daniel Fridman paints a vivid portrait of Americans and Argentinians seeking to transform themselves into people worthy of millions Following groups who practice the advice from financial success bestsellers Fridman illustrates how the neoliberal emphasis on responsibility individualism and entrepreneurship binds people together with the ropes of aspiration

Freedom from Work delves into a world of financial self help in which books seminars and board games reject get rich quick formulas and instead suggest to participants that there is something fundamentally wrong with who they are and that they must struggle to correct it Fridman analyzes three groups who exercise principles from Rich Dad Poor Dad by playing the board game Cashflow and investing in cash generating assets with the goal of leaving the rat race of employment Fridman shows that the global economic transformations of the last few decades have been accompanied by popular resources that transform the people trying to survive and even thrive A gifted observer Fridman s ethnographic account uncovers a unique blend of morality and economics in self help groups pursuing their dream of financial freedom This book contributes to economic and cultural sociology but will also fascinate general readers Viviana A Zelizer Lloyd Cotsen 50 Professor of Sociology Princeton University A wonderful portrait of how financial technologies of the self work in modern culture Marion Fourcade University of California Berkeley

Awaken the Power Within Albert Amao, 2018-06-05 The 12 billion self help industry is under constant attack for pedaling false miracles to duped believers But sociologist Albert Amao demonstrates that Americans eagerly support self help books seminars and programs because under the right conditions these things work Sociologist Albert Amao analyzes the accuracy of self help and positive thinking claims in this groundbreaking and wholly unexpected exploration of what works what doesn t and why Regarding my personal experience Amao writes I can testify that positive thinking and positive action have worked wonderfully for me Born in a poor Latin American country into a very impoverished family with both parents practically illiterate I was the oldest of five children I started working when I was six years old shining shoes and selling newspapers to help my family Nobody then would have believed that I would be able to finish high school Nevertheless I was able to do it going to night school which allowed me to be admitted at the San Marcos University in Lima to get my Ph D in sociology All these things were possible because when I was teenager I had access to New Thought or positive thinking philosophy Contrary to the critics who blithely dismiss self help methods or the New Age gurus who sell it them as miracles Amao writing with sobriety scholarship and drawing on deep personal experience explores the conditions under which self help is authentic

Transcendence By Perspective Bryan Crable, 2014-07-15 The nine contributors to this collection examine rhetorician Kenneth Burke s understanding of transcendence applying it to a wide range of social and political issues including racial and presidential politics

Problems of Living Dan J. Stein, 2021-05-11 Problems of Living Perspectives from Philosophy Psychiatry and Cognitive Affective Science addresses philosophical questions related to problems of living including questions about the nature of the brain mind reason and emotion happiness and suffering goodness and truth and the meaning of life It draws on critical pragmatic and embodied realism as well as moral naturalism and brings arguments from metaphysics epistemology and ethics together with data from cognitive affective science This multidisciplinary integrated approach provides a novel framework for considering not only the nature of mental disorders but also broader issues in mental health such as finding pleasure and purpose in life Draws on the

strongest aspects of polar positions in philosophy and psychiatry to help resolve important perennial debates in these fields
Explores continuities between early philosophical work and current cognitive affective sciences including neuroscience and psychology
Employs findings from modern cognitive affective science to rethink key long standing debates in philosophy and psychiatry
Builds on work showing how mind is embodied in the brain and embedded in society to provide an integrated conceptual framework
Assesses both the insights and the limitations of cognitive affective science for addressing the big questions and hard problems of living

Confidence Tomas Chamorro-Premuzic, Ph.D., 2014-10-28 I can't remember the last time I finished reading a book and wanted to applaud. Life changing. Heidi Grant Halvorson PhD author of *Focus*. If you picked up this book because you want to increase your confidence, you are not alone. Like most people, you probably think that being highly confident would make you more likable, more employable, and more successful. But you'd be wrong. In this paradigm-shifting book, world-renowned personality expert Dr. Tomas Chamorro-Premuzic reveals that beyond making you feel good, high confidence has no genuine benefits and it may even be self-destructive. Low confidence, however, helps us make realistic risk assessments, protects us from disastrous situations, and encourages us to become more competent, which is the real key to achievement. Intelligent and thought-provoking, *Confidence* shows you how to make your insecurities work for you in every facet of life. Maybe you have always intuited that all the talk about boosting self-confidence and raising self-esteem is not the answer to success or happiness. This charming and thoroughly fact-based book will give you the evidence to back your wisdom that being kind and competent works best.

Elaine Aron PhD author of *The Highly Sensitive Person* and *The Undervalued Self*

The Quick Fix Jesse Singal, 2021-04-06 An investigative journalist exposes the many holes in today's bestselling behavioral science and argues that the trendy, TED Talk-friendly psychological interventions that are so in vogue at the moment will never be enough to truly address social injustice and inequality. With their viral TED talks, bestselling books, and counter-intuitive remedies for complicated problems, psychologists and other social scientists have become the reigning thinkers of our time. Grit and power posing promised to help overcome entrenched inequalities in schools and the workplace; the Army spent hundreds of millions of dollars on a positive psychology intervention geared at preventing PTSD in its combat soldiers; and the implicit association test swept the nation on the strength of the claim that it can reveal unconscious biases and reduce racism in police departments and human resources departments. But what if much of the science underlying these blockbuster ideas is dubious or fallacious? What if Americans' longstanding preference for simplistic self-help platitudes is exerting a pernicious influence on the way behavioral science is communicated and even funded, leading respected academics and the media astray? In *The Quick Fix*, Jesse Singal examines the most influential ideas of recent decades and the shaky science that supports them. He begins with the California legislator who introduced self-esteem into classrooms around the country in the 1980s and the Princeton political scientist who warned of an epidemic of youthful superpredators in the 1990s. In both cases, a much-touted idea had little basis in reality but had a massive impact. Turning

toward the explosive popularity of 21st century social psychology Singal examines the misleading appeal of entertaining lab results and critiques the idea that subtle unconscious cues shape our behavior As he shows today s popular behavioral science emphasizes repairing improving and optimizing individuals rather than truly understanding and confronting the larger structural forces that drive social ills Like Anand Giridharadas s *Winners Take All* The Quick Fix is a fresh and powerful indictment of the thought leaders and influencers who cut corners as they sell the public half baked solutions to problems that deserve more serious treatment

Popular Fads and Crazes through American History Nancy Hendricks,2018-08-17 This informative two volume set provides readers with an understanding of the fads and crazes that have taken America by storm from colonial times to the present Entries cover a range of topics including food entertainment fashion music and language Why could hula hoops and TV westerns only have been found in every household in the 1950s What murdered Russian princess can be seen in one of the first documented selfies taken in 1914 This book answers those questions and more in its documentation of all of the most captivating trends that have defined American popular culture since before the country began Entries are well researched and alphabetized by decade At the start of every section is an insightful historical overview of the decade and the set uniquely illustrates what today s readers have in common with the past It also contains a Glossary of Slang for each decade as well as a bibliography plus suggestions for further reading for each entry Students and readers interested in history will enjoy discovering trends through the years in such areas as fashion movies music and sports

El sentido de trabajar Dave Ulrich,Wendy Ulrich,2011-06 Las personas que hallan un sentido a su trabajo son m s competentes comprometidas y entusiastas para contribuir a los objetivos de su empresa lo que generar un mayor compromiso de los clientes y consumidores En este libro se ense a c mo dotar de sentido y valor al trabajo y c mo crear los espacios laborales id neos para que empresa y empleado salgan beneficiados ilustrado con numerosos ejemplos

[A History of Sin](#) John Portmann,2007-05-25 Traces changing conceptions of sin through history and analyzes the role that sin and our understanding of it plays society

The Art of Self-Improvement Anna Katharina Schaffner,2021-01-01 A brilliant distillation of the key ideas behind successful self improvement practices throughout history showing us how they remain relevant today Schaffner finds more in contemporary self improvement literature to admire than criticize A revelatory book Kathryn Hughes Times Literary Supplement Self help today is a multi billion dollar global industry one often seen as a by product of neoliberalism and capitalism Far from being a recent phenomenon however the practice of self improvement has a long and rich history extending all the way back to ancient China For millennia philosophers sages and theologians have reflected on the good life and devised strategies on how to achieve it Focusing on ten core ideas of self improvement that run through the world s advice literature Anna Katharina Schaffner reveals the ways they have evolved across cultures and historical eras and why they continue to resonate with us today Reminding us that there is much to learn from looking at time honed models Schaffner also examines the ways that self improvement practices provide powerful barometers of the

values anxieties and aspirations that preoccupy us at particular moments in time and expose basic assumptions about our purpose and nature

Choices and Illusions Eldon Taylor, 2013-09-17 This fascinating book holds an important key Whether you re interested in the science of thinking and beliefs how your own mind operates how others control your thoughts why things just don t work out for you how you can create the life you ve always wanted how you can realize your true potential how you can find peace or on a grander scale how you can help make the world a better place this book provides insights for all Simply reading it will open your eyes to new worlds of possibilities You ll change once you re exposed to the illusions most live under and by and putting into practice any of these very simple teachings will open the door for you to achieve your highest potential Choices and Illusions tells the story of one man s journey into the workings of the human mind and our reason for being The adventure is every bit as exciting as the best scientific discoveries Eldon Taylor s approach is pragmatic and his conclusions are inspirational and soul enhancing Along the journey you ll hear fantastic stories of divine intervention see why you think and do what you don t wish to do and understand the very clear message that it s never too late to be happy and succeed regardless of your past actions Eldon says Many believe that self help and self improvement is about rags to riches failure to success and so forth when indeed it s the beginning of a journey into self discovery Inside every human being is an eternal truth and a life purpose Using our mind power is simply starting the engine on that path toward highest self actualization Revised edition with five new chapters Plus a secure link to the FREE InnerTalk audio

Design at Home Grace Lees Maffei, 2013-12-17 Domestic advice literature is rich in information about design ideals of domesticity consumption and issues of identity yet this literature remains a relatively neglected resource in comparison with magazines and film Design at Home brings together etiquette homemaking and home decoration advice as sources in the first systematic demonstration of the historical value of domestic advice literature as a genre of word and image and a discourse of dominance This book traces a transatlantic domestic dialogue between the UK and the US as the chapters explore issues of design domesticity consumption social interaction and identity markers including class gender and age Areas covered include the use of domestic advice by historians relationships between advice housing and the middle class links between advice and gender advice and the teenage consumer Design at Home is essential reading for students and scholars of cultural and social history design history and cultural studies

Teachers Go to Rehab Gerard Giordano, 2012-10-04 Teachers Go to Rehab examines the advice given to teachers from multiple critics both historically and recently This book looks at the scope cost and impact of this advice to teachers as well as the motives behind it It poses precise questions about the groups that gave the advice Who were they What did they recommend How did they estimate impact How did they calculate costs What aims did they profess What aims did they conceal Whom did they attract Whom did they alienate When did they succeed When did they fail

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

Unveiling the Power of Verbal Art: An Mental Sojourn through **Sham How The Selfhelp Movement Made America Helpless**

In some sort of inundated with displays and the cacophony of instant communication, the profound power and mental resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular assault of sound and distractions. Yet, situated within the lyrical pages of **Sham How The Selfhelp Movement Made America Helpless**, a fascinating function of literary splendor that pulses with raw feelings, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this enchanting opus courses readers on a mental odyssey, softly exposing the latent possible and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect their charming writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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