

# SHAM

How the Self-Help Movement  
Made America Helpless



STEVE SALERNO

# Sham How The Selfhelp Movement Made America Helpless

**Antti P. Balk**



## **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

**Nelson's Illustrated Guide to Religions** James A. Beverley, 2009-05-17 A comprehensive introduction to the religions of the world analyzed from a Christian perspective Nelson s Illustrated Guide to Religions covers more than 200 religions sects and cults most of them ones the reader might encounter on any given day It is the most complete and up to date Christian guide to world religions Perfect for the student as well as the layperson Written by leading expert in religions James A Beverley

**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 **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 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

*Must Read: Rediscovering American Bestsellers* Sarah Churchwell, Thomas Ruys Smith, 2012-08-02 What is it about certain books that makes them bestsellers Why do some of these books remain popular for centuries and others fade gently into obscurity And why is it that when scholars do turn their attention to bestsellers they seem only to be interested in the same handful of blockbusters when so many books that were once immensely popular remain under examined Addressing those and other equally pressing questions about popular literature Must Read is the first scholarly collection to offer both a survey of the evolution of American bestsellers as well as critical readings of some of the key texts that have shaped the American imagination since the nation's founding Focusing on a mix of enduring and forgotten bestsellers the essays in this collection consider 18th and 19th century works like Charlotte Temple or Ben Hur that were once considered epochal but are now virtually ignored 20th century favorites such as The Sheik and Peyton Place and 21st century blockbusters including the novels of Nicholas Sparks The Kite Runner and The Da Vinci Code

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

**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

**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

**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](http://www.taylorfrancis.com) has been made available under a Creative Commons Attribution CC BY 4.0 license

**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 más competentes comprometidas y entusiastas para contribuir a los objetivos de su empresa lo que genera un mayor compromiso de los clientes y consumidores En este libro se enseña cómo dotar de sentido y valor al trabajo y cómo crear los espacios laborales ideales para que empresa y empleado salgan beneficiados ilustrado con numerosos ejemplos

A History of Sin John Portmann, 2007 In this book Portmann argues that especially since 9/11 the reality of sin has made a strong comeback Even liberal Christians such as Bishop Sprong have to take the pervasiveness of personal evil seriously The book starts off in the present and then loops back into the past to outline the key moments in the history of sin from the Ancient Greeks and Israelites through Jesus and Paul to Augustine and Dante and then back to the present day

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 Explains the workings of the human mind and how its power can be used to

change the world and realize full potential

## Reviewing **Sham How The Selfhelp Movement Made America Helpless**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Sham How The Selfhelp Movement Made America Helpless**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## Sham How The Selfhelp Movement Made America Helpless Introduction

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