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SELF-AID: INSPIRATIONS TO TURN STRUGGLES INTO SUCCESS (PAPERBACK)



Rockstar Publishing House, United States, 2015. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Focused on Helen Woo s acronym for Self-Aid, Self Aid-Inspirations to Turn Struggles into Success, highlights quotes from many famous authors that Helen has adapted to her own Wooisms, her interpretation of the famous quotes which spoke to her throughout her healing process. Having struggled through self-esteem issues, grief, mental and physical abuse, as well as depression and...

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- Authored by Helen Woo
- Released at 2015



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