

# Self Help Exposed

By Dr. John Simms, Ph.D.

(Answered questions are from my pre and existing clients, partners, followers and inquiries)

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## 1). What are your thoughts on the self help industry?

**Answer:** To put it bluntly, there's a lot of incompetence. That being said, many life and business coaches, spiritual teachers, healers, so called self help experts, etc shouldn't be giving people advice and charging them money. But in all fairness, there are some really good ones out there. Same could be said about self help books.

## 2). Do you know any self help secrets?

**Answer:** Yes, but I'll only give you one and it's a big secret. There's more to the law of attraction than likes attract to likes, positive thinking, affirmations and visualization use that famous self help gurus and personal development experts don't publicly mention to their customers, fans, followers, etc. Trust me, I know the secrets.

## 3). Your self help criticisms?

**Answer:** Besides the incompetence and useless self help books, I've criticized the overpriced services. And on top of that, many people haven't benefited from the law of attraction, spiritual bypassing, positive psychology and cognitive behavioral therapy. Why? Because they use the wrong information, approaches and professionals not to mention they often avoid, deny or possess faulty logic in regards to truth and reality.

## 4). Do you offer life coaching?

**Answer:** Yes. In addition to life coaching and personal development, I offer counseling, psychotherapy, holistic medicine, business consulting and other services.

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