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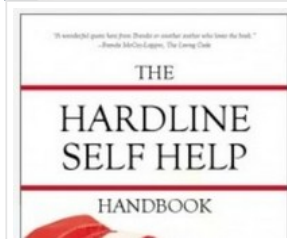
The Hardline Self Help Handbook



Robin Cain, Scottsdale Book Examiner

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The Hard Line Self Help Handbook

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The Hardline Self Help Handbook: What Are You Willing

to Do to Get What You Really Want?

Paula Renaye

170 pages

Publisher: Diomo Books

Publication Date: June 1, 2011

Retail price: \$19.95

eBook formats: \$9.95

ISBN # 978-0-9674786-5-4

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Winner of the 2011 Indie Excellence Finalist Award

Not everyone is interested in reading self help books, yet it is this author's opinion that more people should. Too many people go around complaining about what is wrong with their lives and don't spend enough time making efforts to fix the issues. Honestly, don't we all know someone who is stuck in an endless of cycle of "poor me"? [The Hardline Self Help Handbook](#) by Paula Renaye speaks to those people and more.

As the author's press kit states, this book is *"a fast-track course in self discovery and self-empowerment; all about cut-to-the-chase personal development and self-improvement through a life transforming tough love approach."*

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The book contains 18 chapters (which don't have to be tackled in any particular order) with titles such as, "Rip Off the Bandage", "What's Behind the Mask?" and "Bullets You Need to Bite" – all addressing an individual's need to look inside and fix what's broken. From personal relationships to taking better care of one's health, Renaye makes clear that whiners aren't helping anything - certainly not themselves.

The end of every chapter includes what the author calls, "Line It Out" exercises, asking the reader to ponder each chapter's insights and examine how they could apply them to their own lives. I found these exercises to be the only weak area of the book insofar as many people, left to their own devices, might likely not delve deeply enough to make these exercises worthwhile. Though they do provide food for thought – which is really the main point – the exercises might have proved more valuable had the author's coaching, real-life examples and no-nonsense approach been continued into these sections of this workbook.

The author uses terrific real-world examples to make her points. One in particular involves a woman stopped by a police officer for a broken taillight. Though the light has been broken for a very long time, the woman's duct tape remedy illustrates people's tendencies to "slap on temporary fixes in problem situations". Despite the fact that the broken light is a hazard to her and others in traffic, she has somehow convinced herself that duct tape to "mask" the problem will suffice.

How many of us are guilty of slapping temporary solutions onto our problems in hopes they will just go away? As the author states, "Until we accept difficulty and are willing to work towards solution, there is no solution."

It has been said that the greatest predictor of success is whether or not someone is willing to take action. For those of us wanting something better and don't know how to get there, [The Hardline Self Help Handbook](#) would be an excellent first step.

Local [Scottsdale, AZ](#) bookstores where The Hard Line Self Help Workbook can be ordered or purchased:

http://www.borders.com/online/store/StoreDetailView_641

<http://store-locator.barnesandnoble.com/store/2680>

Also available thru [Amazon](#), [Kindle](#) and [Barnes and Noble](#)

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Scottsdale Book Examiner

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