

VOICE YOUR VIEWS

How useful are self-help books

Motivating factor

Self help books are useful when there is a need to find solutions to intangible problems related to our emotions. For some medical conditions, self-help books along with therapy may be effective. Family, friends, well wishers, teachers, mentors, experiences of others, are different sources to seek help and draw strength from. A book certainly cannot replace them. However, a combination of both can help us stay motivated and work towards our personal goals.

ANURADHA KUMAR

Not realistic

Attempting to find answers to one's personal and professional problems through some stranger's words is ridiculous. One has to come up with solution on their own or seek help from friends and family.

PURUSHOTHAMAN N.

Practise what you read

Self-help books are good motivators but it requires a disciplined approach, conviction and consistency on the part of the reader to practice what he/she has read. This is the real challenge, otherwise with so many self-help books available, the world would have been a better place to live by now.

P. CHOCKALINGAM

Changing with times

Self-help books ignite, influence and motivate (both personally and professionally). It helps us in adapting to the changing times. Self-help books help to think and dream big and provide the techniques to achieve one's goals.

PALLAVI ETHIRAJULU

The topic for the next Voice Your View for March 20 is "Tackling teenage troubles responses before March 18 by post (Th 859/860, Anna Salai, Chennai-2) or email metro@thehindu.co.in in text format. Your responses should not exceed 100

Help yourself

Reading self-help books are a waste of time. What my teachers, friends, family and culture can teach me, a self-help book definitely cannot. Books are good teachers. But a good teacher does not keep advising, so does a good book. Experience is the best teacher. We don't need anybody to tell us how to win. Do we deserve the prize if we don't even trust ourselves? Help yourself without self-help books

SUBHAA NAYUDU

Conflicting advice

The reason for the popularity of self-help books lies in the human tendency to find comfort in shared misery and in the abundant sympathy these authors offer. And while there is no harm in reading to motivate oneself and feel positive, blindly following advice on personal or work relationships wouldn't be prudent as situations differ. Very often authors give conflicting advice adding to the confusion.

KANISHKA KOSHAL

sathyam 3-50, 10-20PM	escape 12-15, 7-00PM	INOX 7-10, 9-45PM	DEV 7-00, 10-30PM	GO 12-30, 6-45PM
PVR 4-15, 10-00PM	S2 CINEMAS PERAMBUR 4-30, 10-20PM	S2 CINEMAS TRIPLIKATA 10-30PM	11-00, 1-40, 4-20, 7-10, 10-10PM	FAME 6-45, 10-00PM

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