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### **Self help book Wikipedia**

A self-help book is one that is written with the intention to instruct its readers on solving personal problems. The books take their name from Self-Help, an 1859 best-seller by Samuel Smiles, but are also known and classified under "self-improvement", a term that is a modernized version of self-help.

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Self-Help; with Illustrations of Character and Conduct was a book published in 1859 by Samuel Smiles. The second edition of 1866 added Perseverance to the subtitle.

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