



## Self-Help

*Samuel Smiles , Peter W. Sinnema (Editor)*

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### **Self-Help** Samuel Smiles , Peter W. Sinnema (Editor)

A bestseller immediately after its publication in 1859, *Self-Help* propelled its author to fame and rapidly became one of Victorian Britain's most important statements on the allied virtues of hard work, thrift, and perseverance. Interpreted by some as a paean to personal avarice, Smiles's most celebrated book is in fact a practical and engaging tribute to the working- and lower-middle classes, in whom he identified the capacity for self-improvement and for whom he tirelessly advocated the right of social advancement. Part practical guide, part proverbial testament, part secular hagiography, this literary hybrid turns biography into an inspirational medium that awakens the reader to their own potential and instills the desire to succeed. Smiles's book is the precursor of today's motivational and self-help literature, although its vision is significantly more cosmopolitan than that of most books in an ever-expanding genre.

### **Self-Help Details**

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## From Reader Review Self-Help for online ebook

### tom morris says

The first few pages of this book should be required reading in order to vote.

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### Igor Tirador says

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### Ahmad Sharabiani says

Self-Help, Samuel Smiles

Samuel Smiles (23 December 1812 – 16 April 1904), was a Scottish author and government reformer who campaigned on a Chartist platform. But he concluded that more progress would come from new attitudes than from new laws. His masterpiece, Self-Help (1859), promoted thrift and claimed that poverty was caused largely by irresponsible habits, while also attacking materialism and laissez-faire government. It has been called "the bible of mid-Victorian liberalism", and it raised Smiles to celebrity status almost overnight.

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### Mike Thelen says

What is your work ethic? That's all I'm going to say...

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### Lucy says

Not about self-help at all, more potted histories of great men, all of whom seem to have been monotonously hard-working. I prefer my biographies a bit more balanced.

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### Nicole Gervasio says

Basically a libertarian manifesto. Work hard, play nice, take care of your body, and don't hoard money. You'll lead a good life.

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### Enkhbat Natsagdorj says

One of the oldest inspirational books. I really motivated. It focuses on our character and ourselves, not to others.

Sometimes, I re-read and take inspiration.

"Heaven helps those who help themselves"

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### Igor Tsinman says

"Self Help" by Samuel Smiles 1812 - 1904 The United Kingdom ??????? ?????? ????? ??? ??????. ??????? ?? ?????? ????? ?? ??????????????????????????????. ??? ????? ????? ????????? "Self Help".

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### Tom Robbins says

One of the first ever books to be fundamentally about personal development and self-improvement. It was fascinating to read about old and archaic trades and industries and the secrets behind the people who were successful in them. I couldn't believe the number of examples and stories that had been gathered for this book in just one person's lifetime. By not being able to connect with the types of jobs, industries and roles discussed you are left more able to identify the common key strengths that stand in the people mentioned that can be said to be universal and perennial such as hard-work and diligence. This book really surprised me and I would genuinely say it has 'helped' me immensely.

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### Duong Huong says

M?t cu?n sách thu?c th? lo?i Self-help th?i kì ??u. M?t cu?n sách d?y cho b?n v? tinh th?n t? h?c, t? c?i thi?n không ng?ng qua nh?ng t?m g?ng n?i b?t trong l?ch s?. Phù h?p v?i nh?ng ai mong mu?n th? thách và l?a ch?n vi?c t? h?c c? ??i.

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### Pujo Purnomo says

Salah satu buku yang paling berpengaruh pada awal Zaman Restorasi Meiji. Bapak Pendidikan Jepang Fukuzawa Yukichi, para pemikir dan intelektual muda Zaman Meiji banyak terinspirasi dari buku ini. Kalimat pengantar "Tuhan tidak akan menolong orang yang tidak menolong dirinya sendiri"

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menginspirasi sebuah karakter "kemandirian" dan "perjuangan tanpa kenal menyerah" baik sebagai manusia maupun "bangsa".

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### **Hasan says**

I think this is somewhat a 'Divine' book. Samuel Smiles has written a 'Gospel for Men' which truly is timeless. Explaining the qualities, which are the true glories of human character. This book highlights the remarkable features in life which are "wisdom" and "humility" and above all "Perseverance". He who has these three features shall not fail the race of life. For more a man knows the less conceited he will be is his Motto.

"Self Help", taught me;

1. To regard time as a treasure that is limited.
2. He who never made a mistake, never made a discovery.
3. The youth who inherits wealth is apt to have life made too easy for him, and he soon grows sated with it. Because he has nothing left to desire. Having no special object to struggle for, he finds time hangs heavy on his hands. He remains morally and spiritually asleep; and his position in society is often no higher than that of a polypus over which the tide floats.
4. The wise mans eyes are in his head.
5. Defeats do not long cast down the resolute hearted. But only serve to call forth their real powers. "Time" is all they need.
6. Always believe in the power of "Patience" and "Perseverance".

Mr. Smile's message was simple. That success in life depended not on genius or intellect but on "the energetic use of simple means and ordinary qualities, with which nearly all human individuals have been endowed".

Summed up in one word his message was "PERSEVERANCE"! It's a must read book for working men.

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### **Leonardo says**

Lo cita Hobsbawm en La era del capital para describir el clima de época. Entiendo que es el abuelo de los libros de autoayuda. Algo así como: si querés progresar no busques que nadie te ayude, te tenés que ayudar a vos mismo: callándote la boca y trabajando mucho.

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### **Daniel Taylor says**

Samuel Smiles's advice can be reduced to three words: Action! Action! Action!

He starts by addressing the mind virus that plagues many people, expecting happiness to come from government or great leaders. Smiles argues for responsibility. If you want to achieve anything worthwhile, it's up to you.

Throughout the rest of the book, he gives mini-biography after mini-biography to illustrate that regardless of where you started in life, your destination is your choice, if you're willing to work hard, solve your problems and have sound character.

This is not a book for people looking for quick-fix solutions. To achieve anything worthwhile takes times. Character and worthy achievements are built over years, not seconds.

If you can handle the dated language and are after a character-based guide to success, you'll enjoy Self-Help

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## **Sr?an says**

The whole self-help genre got its name from this book, published back in 1859. It suffers from the same flaws of the genre it defined. But these flaws may be with its readers, not with the books.

Despite constantly stressing the need for diligence, patience in enduring hardships, and any other character virtue you can think of, this book reads like an extended Rocky training montage. It's a string of biographies of high achieving people, like Newton, James Watt, Adam Smith etc, but by condensing a lifetime of effort, toil and hardship into a few pages at a time, you constantly get hits of instant gratification, a sense of exhilaration of achievement, but without really feeling the anguish of the struggle enough. Thus, it kind of subverts its own point, because the values it exhorts don't really sink in.

Isn't the "self" in self-help redundant anyway? These books are picked up by people who feel the need for outside help, it should be called just help. And that designation should only apply to books that propose a set of doable, practical heuristics for everyday living on a take-it-or-leave-it basis, like "Getting Things Done" for instance.

The other kind is the more vague, uplifting sort of self-help books that are supposed to be helpful, but that are mainly read for their comforting but delusional effects, making you think that maybe, just maybe this one book will kind of push you over the brink to self-realization, that it will be so inspiring it will remove the effort needed to make an effort. But it often just has the opposite effect, making you hungry for more pep talk, more inspiration, filling your head with wise quotations but making you less self-reliant because of it.

This book actually makes the same point pretty early on:

"Help from without is often enfeebling in its effects, but help from within invariably invigorates. Whatever is done for men or classes, to a certain extent takes away the stimulus and necessity of doing for themselves; and where men are subjected to over-guidance and over-government, the inevitable tendency is to render them comparatively helpless."

Despite the warning though, you will probably continue reading it for it really does give you an uplifting feeling. It's dense, very well written, and it has an old school no non sense feel to it. There are no proposed shortcuts here, just sweat and toil.

Would any of the people who are mentioned in this book have had read this kind of stuff to get motivated? Or is it just comfort food for us average folks, who secretly hope that we will somehow adopt some of the

traits of the greats by osmosis or something? Well we have the example of Sakichi Toyoda, founder of Toyota, who is said to be greatly influenced by this book. It follows then, that all the supposed flaws of this book are really with the reader and his expectations, not with the book. I give it five stars. I would give fewer stars to myself you see.

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