

Why read self-help books and attend personal development seminars?

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By Joel Chue

We live in a very competitive world. Any individual who wants a piece of pie in this world has to fight for it.

Today we go about getting a larger piece of the pie by increasing our self-worth through various means. For some, it means going back to school to pursue a higher education. Some continue to believe that sheer hard work is the practical way to success. Whereas a minority does nothing and hope that they can become better people.

There is an increasing trend where people turn to self-help books and seminars to improve themselves. And the results are extremely promising and encouraging.

To many of those who do not have the habit of reading, this alternative may seem boring and nerdy. Boring and nerdy would never be the words you or I would use to describe once we recognize the many benefits they have.

What is the magic behind these books and seminars? Foremost, they provide motivation. Massive and focused motivation in areas you are interested in improving on. Motivation is a crucial key to success in life. And the most convenient source of motivation comes from these books and seminars. Motivation empowers an individual with a positive mindset, the correct attitude: this greatly increases his energy, drive and productivity. We are constantly surrounded with negativity, from people, TV, radio, it's important that we get out of this negativity by reading uplifting and positive books.

Self-help books and seminars provide an array of specialized knowledge that is not available in the current education system. What is this specialized knowledge? What you seek is what you get. There are lots and lots of books in so many areas, all it requires you are some time, effort and maybe money to get your hands on the information you seek through the book. This specialized knowledge is extremely valuable and practical once you applied it. New knowledge opens the mind. You will be exposed to new ideas and perspectives from different schools of thoughts to improve yourself and to an extent for some, they suffer "information overload". My advice for you is to apply as many of the ideas you have learnt, discard those that do not work for you, keep those that are effective and see the

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positive changes take place in your life.

The acquisition of new knowledge is vitally important to remain competitive in today's world. However, knowledge alone is not sufficient to bring you to greater heights. What I have learnt from these books and seminars is that they have the ability to act as mentors in our lives. Mentors have valuable experience in their specialized fields to share that will provide any individual with insights and ideas never known to them. This can greatly shorten the learning curve and reduce any trial and error needed to achieve the outcome. However, everyone recognizes the many benefits of a good mentor but not many of us take the effort or are lucky enough to find such a mentor. Self-help books and seminars are an extraordinary source of accumulated experience of the authors and speakers. The essence of their experiences lies deep in these materials and is easily accessible to anyone who makes the effort to understand, learn and apply what is taught. For some, they never managed to see the valuable experience that lies right in front of them and they never will until the day they feel that is so much pain in their lives and that something must be done. Wouldn't it be too late by then? Read

with a definite purpose; ask yourself, "What information am I seeking for, what is my purpose of reading this book?" Self-help books and seminars are your best mentors till you find the one that is willing to enrich and guide you.

Looking for a mentor to guide you is a MUST if you seek to achieve success in the shortest time possible. Where and how do you go about finding them? A self-help seminar is one highly possible place. These seminars are a congregation of highly motivated individuals who come from various fields and age groups and most importantly, many of them are very helpful people. The speakers themselves can be your mentors as well. There is no other better place as compared to a self-help seminar. Networking is the key to finding your ideal mentor. You will never know when you will find such a person. In short, it takes courage, persistence and a respectable amount of self-confidence in yourself to impress and convince someone to be your mentor. Remember that these mentors you seek are very busy people themselves. Instead of satisfying your needs, think about what you can offer to your mentor first. Give before you receive. They may not become your mentors but beautiful friendship may bloom and soon you realized that you are completely surrounded by positive and highly motivated people. It was Jim Rohn who said, "You are the average of the five people you spend the most time with." And since you are surrounded by positive and energetic people, you will experience new vibrant energy to propel you to greater heights in your life.

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Seminars: Why Are They Popular, and What Advantages/Disadvantages Are There to Attending One?

By Vishal P. Rao

Seminars dealing with "special topics" have actually been around for decades, and are an older form of marketing and information exchanges, that have seen quite a resurgence of interest in the past ten years.

Seminars are simply a group of people coming together for the discussion and learning of specific techniques and topics. Usually there are several keynote speakers within each seminar, and these speakers are usually experts in their own fields, or topics. Several topic reviews are scheduled each day throughout the seminar, and attendees can usually make their choice of topics from among these scheduled events.

Many individuals attend seminars each year, some attending several times a year. The topics of seminars can be as varied as the groups attending them, but in particular, there has been a rise of Internet Marketing Seminars over the past five years, due to the increased interest in this field.

What then are the advantages and disadvantages of seminars if you choose to attend or if you're thinking of attending?

Advantages:

1. A wealth of knowledge usually, presented by many speakers at one time in one place. A lot of "learning" at one clip, with most material compressed into two or three days' worth of time.
2. A sense of camaraderie, where individuals can meet others with the same interests/problems/concerns that they may have in their chosen field.
3. A sense of renewed hope and inspiration (this is especially true for Internet marketing seminars), as sometimes business concerns are lessened by sharing experiences with others. Being with others that "understand" individual's problems or concerns, is usually a great morale booster!
4. A great way for those that don't like to read, or attend classes, to improve their knowledge of a specific subject.
5. A nice vacation, in usually, a good hotel. Most seminars take place in quality hotels, as this is part of the incentive to attracting attendees.

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Disadvantages:

1. Cost, of course, as all attendees must absorb their own costs. The seminars themselves sometimes also have an entry fee that can be quite high. All travel costs, food costs, hotel costs, and other

miscellaneous costs must be absorbed by the attendees.

2. The chance that the speakers may be sharing incorrect knowledge, or not at all knowledgeable themselves (it pays to make your own assessments of presented topics, not just blindly "follow the pack"). Tips, tricks, and strategies need to be weighed as to "worth" and "accuracy" before using these. Careful thought rules here.

3. The time spent away from your actual business, or life, to attend. Time is always a concern when scheduling activities and some individuals simply can't spare the time away from their lives for activities such as this.

4. The chance that the topics may not actively help your business or your concerns, and that the seminar will be a waste of time, where nothing you learn is of any use to you.

5. The chance that attendees will expect too much from a seminar and thus be disappointed. Realism must rule here. These are not "instant answers" to anything.

Overall, seminars, if chosen carefully, can be a good experience. They are not miracle cures to business problems or other problems, however, and this must be kept in mind when deciding to attend a seminar. These are, after all, optional events, and success or failure in business or life will probably not hinge on attendance at seminars!

Many different methods of learning business strategies and life strategies exist for those that don't have the time flexibility or money flexibility to attend. Just visit your local library or local community college, and you'll find a wealth of knowledge on all subjects. Read a book concerning your issues, or take a class, and you'll find these can be great alternatives to seminars.

After all, education exists in many forms, not just at seminars!

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– One of Internet's

leading website dedicated to starting, managing and marketing a home based business.

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3 Smart Ways To Generate Profitable Business Ideas Anytime

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How to Achieve More by Dealing with Resistance
Staying Motivationally Nourished
How to Boost Morale In Your Organisation

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How to Use Your Mind for Study
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