

# **Help Yourself: Finding Hope, Courage, And Happiness**

## **By Dave Pelzer**

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The Title "Help Yourself Finding Hope, Courage, and Happiness" is written by Dave Pelzer. This book was published in the year 2001. The ISBN number 0452282764

### **Help yourself (book) - wikipedia, the free**

Help Yourself: Finding Hope, Courage, and Happiness is a 2001 self-help book by American author Dave Pelzer. It is the fourth book that Pelzer has written prior to

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