

Self-Help Superheroes

By Ketty Mather

Faced with a year like no other, we have once again seen literature come to the rescue much like the superhero it is!

Self-help books have become a lifeline for many throughout the pandemic and as a result, we have seen them flying off the imaginary shelves of the internet. We have truly witnessed the power of literature, seeing it finally being used to its full potential. This is most certainly one win for us literary fanatics have had during the pandemic and for those of you who haven't taken advantage of the abundance of self-help books we have been so dearly blessed with during this pandemic, do not fear. Today, I will be granting you with the inside scoop regarding my top 4 self-help book game changers.



Atomic Habits by James Clear

James Clear writes in his self-help book, Atomic Habits, "every action you take is a vote for the person you wish to become." His bestselling book (which has sold over a million copies) embodies all aspects of change. James writes about making small changes and taking back control of your own life. He writes on how these small changes can eventually lead to a renewed life and sense of self, what more could you ask from a self-help book?

If you're longing for change after a year being stuck inside, this book is perfect for you. Helping you to easily implement small and subtle changes to create a 'new you.'



Act Like a Lady by Jae Vanek, Becca Tobin and Keltie Knight.

During 2020, we were faced with much more than just Coronavirus; political injustice became a major talking point and rightly so. Act Like a Lady is a book written by Jac Vanek, Becca Tobin and Keltie Knight. They write on being, "unapologetically yourself."

In an age where we are all subject to judgement in varying ways, it can be hard to feel as though we can be our, 'true selves.' Using stories, advice and opinions these three outstanding women create a way for all women to be heard. For anyone who feels they've lost the 'sparkle' during such a rough time, this book may just be the cure, paving the way for you to truly be and feel yourself.



[Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again by Lysa TerKeurst.](#)

I'm sure many of you will agree that during this last year we've all been given an unspeakable amount of time to just sit and dwell with our often negative thoughts. What better way to utilise this time than to forgive and heal? Lysa TerKeurst's self-help book has inspired many who feel trapped in an uncomfortable cycle of pain and anger because of other people's actions.

Lysa writes, "your heart is too much a beautiful place for unhealed pain", this inspiring book has been a saviour to many, giving many the ability to embark on a journey not only to forgive others, but also to forgive themselves. If you are looking to be freed from the negative ties of anger due to suffering, look no further, you might just find peace within the pages of this book.



[Reasons to Stay Alive by Matt Haig](#)

Many would suggest Coronavirus isn't the only pandemic we have been victim to this year and that, sadly, the events of the last year have led us to a mental health crisis. It is imperative that we always speak about the subject of mental health and the ways in which help can be given. Matt Haig writes within his Sunday Times bestselling book, *Reasons to Stay Alive*, about overcoming crisis and his battle with depression.

It has been described multiple times as a "life-saving" book and to many it has been. This book will make you laugh and cry. It gives an extraordinarily honest insight into surviving depression and the ways in which you can start to feel more alive. Whether you are wanting to educate yourself or help yourself, this is an incredible book which I recommend for everyone to read.

