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A collection of Burkeman's [This Column Will Change Your Life](#), uh, columns from the Guardian, which provide an enjoyably wry look at self-help. This is self-help for people who hate self-help, essentially. And I got plenty of bits and bobs of usefulness out of this book.

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Oliver Burkeman is a Guardian writer based in New York. Read his column here. He is the author of [The Antidote: Happiness for People Who Can't Stand Positive Thinking](#)

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