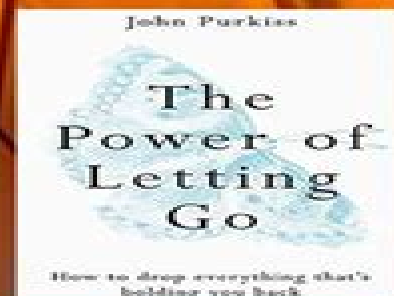
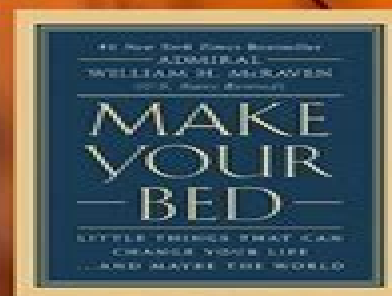
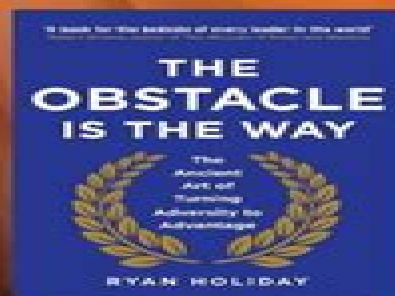
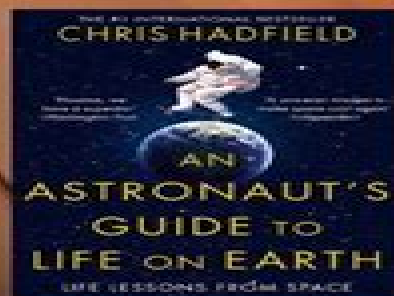
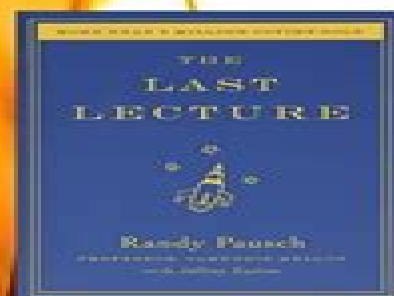
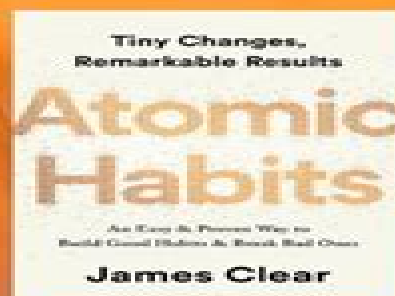
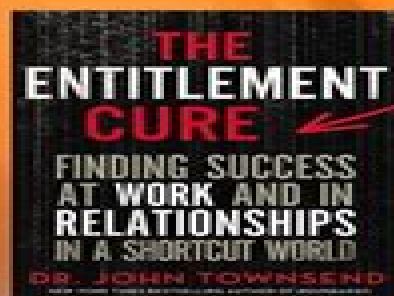
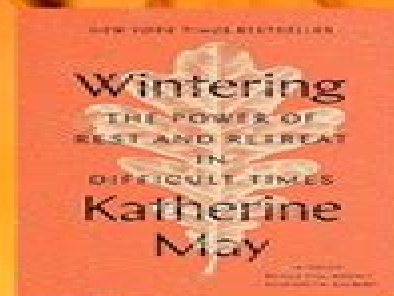
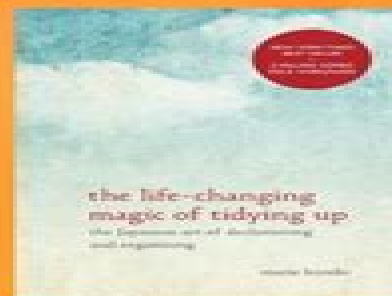
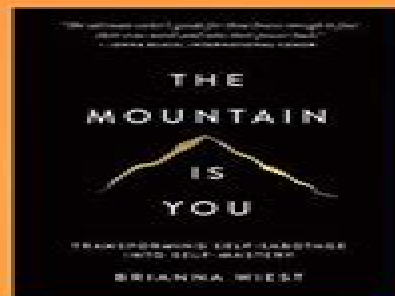
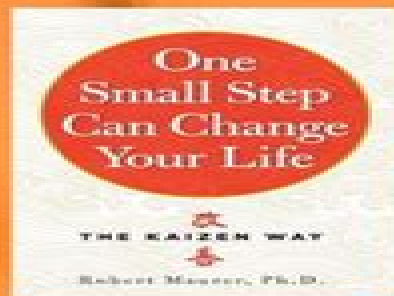


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Best Self Help

Lingjun Ying



Best Self Help:

This book delves into Best Self Help. Best Self Help is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Best Self Help, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Best Self Help
- Chapter 2: Essential Elements of Best Self Help
- Chapter 3: Best Self Help in Everyday Life
- Chapter 4: Best Self Help in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Best Self Help. The first chapter will explore what Best Self Help is, why Best Self Help is vital, and how to effectively learn about Best Self Help.

3. In chapter 2, the author will delve into the foundational concepts of Best Self Help. The second chapter will elucidate the essential principles that must be understood to grasp Best Self Help in its entirety.

4. In chapter 3, the author will examine the practical applications of Best Self Help in daily life. The third chapter will showcase real-world examples of how Best Self Help can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Best Self Help in specific contexts. This chapter will explore how Best Self Help is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Best Self Help. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Best Self Help.

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