



The Gift

Shad Helmstetter

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The latest book from Shad Helmstetter, Ph.D., the author of the classic personal growth best-seller, *What to Say When You Talk to Your Self*. *The Gift* is the inspiring story of women and men who are changing their own lives - by helping other people change theirs. This beautifully-written book helps you put the 12 best personal growth concepts ever discovered into practice - in your personal life and in your career.

The Gift Details

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Author : Shad Helmstetter

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From Reader Review The Gift for online ebook

John says

tricky title - not 1 gift but 12

gift = tip to improve your life

borderline commercial for Arbonne Co., but still a positive book

Kathleen Dollar says

I am currently reading this book on personal growth and I am finding it hard to put down. Chapter 2 is titled "The Gift of Arbonne".

Rhett says

The general concepts and opinions of the book were alright. Most of the authors experience seemed to be with Arbonne and I got fairly tired of having the author pitch it. I have to wonder if Arbonne didn't slip him some money to sell their product or something. Aside from the authors overwhelming fascination with Arbonne I would have like to see some real evidence of research. He cites nothing and alludes to research but that is all. At the end of the day I think his opinion is worth consideration in most cases but his promise of following a number of habits and reaping success seems unfounded. After having read many many publications in the genre I found Helmstetter's to be far too opinionated and lacking in many areas. I would perhaps recommend this book to someone that is new to the genre and is not a serious researcher.

Jay Hadden says

It was a great Book. It helped me find myself and set myself even more in a better direction of life and look at life itself in a different way one of the best self-help books I have read thus far will definitely be reading it again year after year

RuthAnne says

I agree with some of the other comments. It feels like the first several chapters are trying to "sell" you on Arbonne. Most people reading it have already figured out the benefits of the business. I set it down for several months. When I picked it up again and got to some of the chapters having to do with self management I thought he had some really good things to say. Attitude. Focus. Goal Setting. Time management.

Karla Winick-Ford says

I've been reading. A lot. This is a decent book to pick up if you need a little pick me up. Written well enough- quick and easy... find something you love, never give up, yadda yadda yadda... books like this are a dime a dozen cheap therapy tool I suppose. Not a huge fan though.

Genevieve says

This guy is nuts about Arbonne. That's pretty much all it was. Him raving about how cool the company is. I love Arbonne but I felt like he takes it into obsession and it drove me a little nuts. :)

Andrea Gustafson says

very very good.

James Williams says

This was a good read. He does an excellent job encouraging and motivating readers to find and to use their gifts. He also provide tactics and tips to assist us on our personal development. The only caveat is his constant support of Arbonne corporation and their employees.

Dr. James Arthur Williams
Author From Thug to Scholar

Monica says

I like Arbonne opportunity and products and was enjoying the book but put it down and have not picked it up again. Getting obsessed is nutty. Having a good attitude is great.

Ann Gustafson says

Love this book! Love Arbonne!!

Jennifer Robb says

I believe in positive thinking, but it seems there's a fine line between that and new age practices (specifically thinking that positive thoughts will bring what you think to pass no matter what it is).

Helmstetter does write with an easy to read style and clearly makes his points.

Lynette says

This is a good personal journey and one worth journalling while reading.

Leah says

This book was given to me by a business partner. I only had time to read a few pages but so far its going to be good.

In this book you will learn 12 Greatest Tools of Personal Growth and how to put them into practice.

Nicole says

This was a beautiful book about sharing great opportunities with people to make their lives better.
