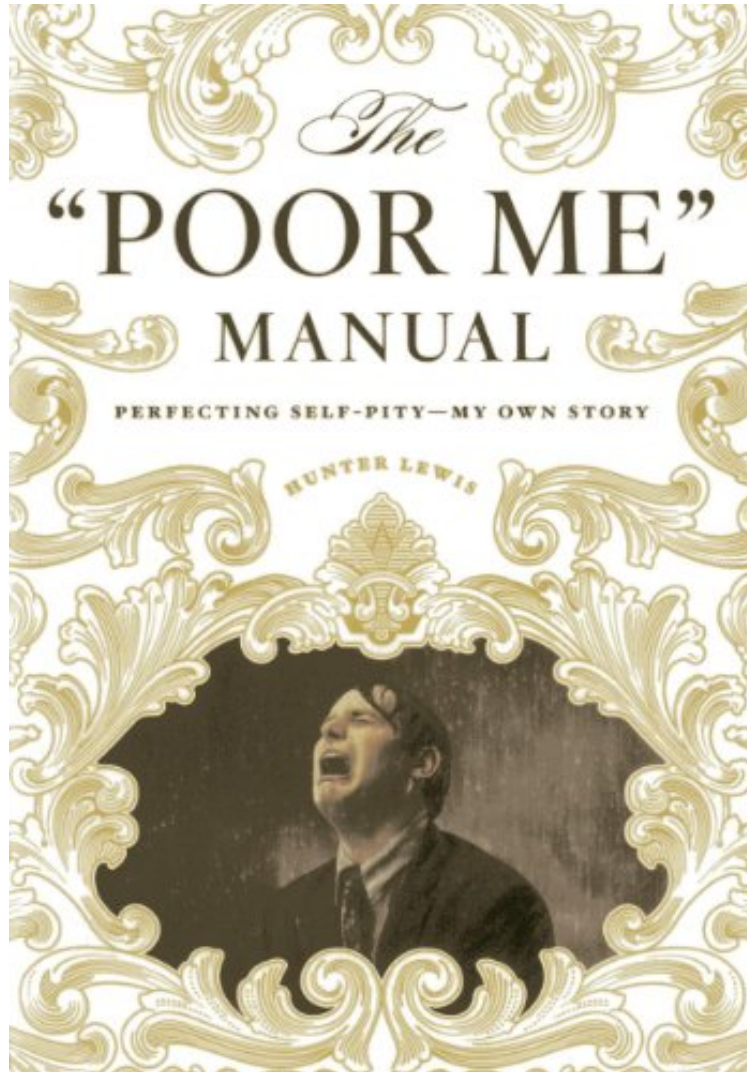


[PDF] The "Poor Me" Manual: Perfecting Self Pity?My Own Story

The "Poor Me" Manual: Perfecting Self Pity?My Own Story

Hunter Lewis

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Hunter Lewis : The "Poor Me" Manual: Perfecting Self Pity?My Own Story before purchasing it in order to gage whether or not it would be worth my time, and all praised The "Poor Me" Manual: Perfecting Self Pity?My Own Story:

0 of 0 people found the following review helpful. Poor meBy claireIt had a few funny moments, a few worthwhile ideas. But in general it wasn't anything to sign praises of. Just wasn't my cup of tea3 of 3 people found the following review helpful. whether to laugh or cry... Laugh definitely!By MoonShineArtSpotI will admit that I was a little afraid this book was going to be a downer, but my curiosity got the best if me so I requested it was awarded a free copy in exchange for honest review. I laughed so hard in places that years came to my eyes. I really was not sure if it was

appropriate or meant to be laughed about, but I read on. More laughing. Among the laughing, I did discover that I had gone through some of the poor fella's phases myself. Unappreciated do gooder, recluse, etc. Many of us likely have at one point in time and it was actually refreshing to read that someone else had at least let these pathetic thoughts cross their mind. They had to or how else were they on paper. The thoughts too horrible self absorbed to say out loud just spread from one page to the next but said in such a convinced way that it couldn't be anything but scandalous. Just scandalous I say. Haha. This was such a well written book about emotions the roller coaster they can take you on if you let them. It's a poor me book, but I really admire the poor fella's pride in doing what he does best. If you are having a hard time in life, give this a read at least you'll get a good laugh. 1 of 1 people found the following review helpful. Very imaginative !By D. Lamb The book is funny, sad, parts made me happy and others made me take a look at my inner self. I found it to be very imaginative and it is definitely a must read. You will think of your emotional being in a different way after reading this book.

This book begins with the following author's note: "One crisp sunny morning I was surprised to find a package left at my front door containing this book in manuscript form. Its author included a note saying that his last name was Lewis, that he had seen a book of mine, and that he had decided to adopt my name as his own. In addition, he expected me to publish his (our) book and that the cover should be "nice." I have tried to do as requested." What follows this note is a rollicking fictional memoir that takes us through the ups and downs of the mysterious author's life. And what a life it is, full to the brim with every imaginable kind of neurotic behavior. There is method to this madness. In earlier books, including the best-selling *A Question of Values* and its sequel *The Beguiling Serpent*, Lewis developed a unique theory of the emotions. The "Poor Me" Manual further develops the theory and brings it to vivid life. This is fun reading. You will often laugh out loud. But you will also learn a great deal about the emotions and about which emotional strategies work and which don't. This book would be a great gift for anybody, but especially the teenager in your life.

About the Author Hunter Lewis, co-founder of global investment firm Cambridge Associates, has written nine books on economics and related subjects, including the widely acclaimed *Are the Rich Necessary?* ("Highly provocative and highly pleasurable."—*New York Times*) and *Where Keynes Went Wrong*. He has contributed to the *New York Times*, the *Times of London*, the *Washington Post*, and the *Atlantic Monthly*, as well as numerous websites such as *Forbes.com*. He has served on boards and committees of fifteen leading not-for-profit organizations, including environmental, teaching, research, cultural, and global development organizations.