

# A new book "How to change yourself and be successful in any situation" has been published.

The new book "How to Change Oneself Correctly and Be Successful in Any Situation" was published by the AST publishing house.

The book is large, 384 pages. It contains recommendations on how in two or a little more steps you can increase your self-esteem, get rid of feelings of guilt or fear, remove resentment, improve relationships with money, get out of any conflict, remove your stresses and so on. There are about 30 themes of possible changes in oneself.

All the ideas of the book can be realized in different sections of the website [www.sviyash .ru](http://www.sviyash.ru).