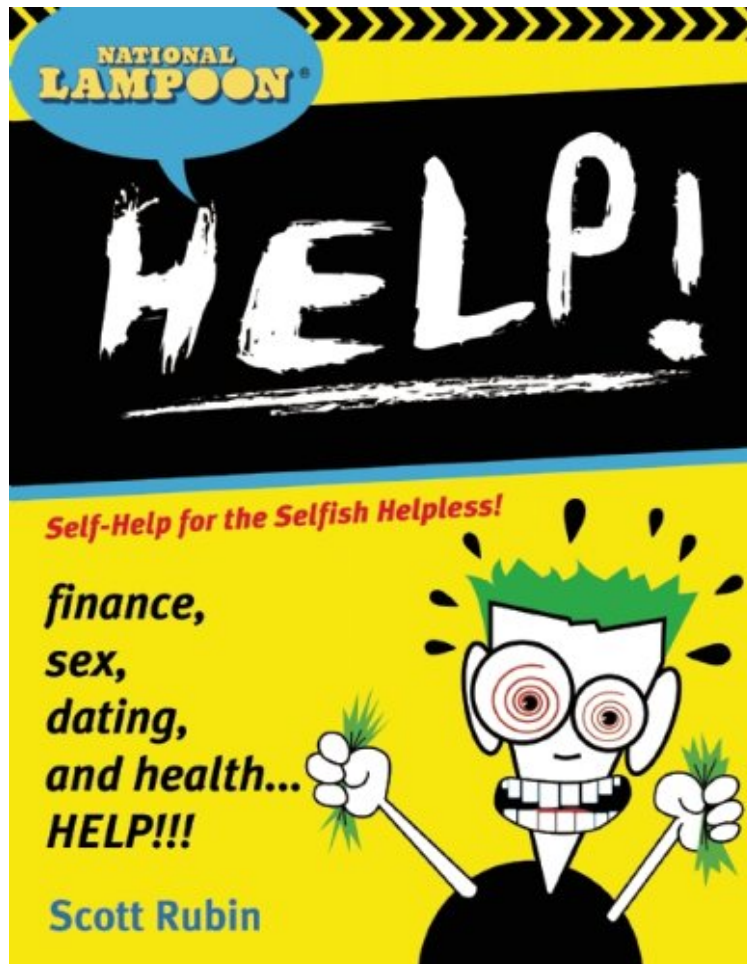


## National Lampoon Help!: Self-Help for the Selfish Helpless

Scott Rubin

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**Scott Rubin : National Lampoon Help!: Self-Help for the Selfish Helpless** before purchasing it in order to gage whether or not it would be worth my time, and all praised National Lampoon Help!: Self-Help for the Selfish Helpless:

1 of 1 people found the following review helpful. My Sides Hurt!By ken braunI need Help! from laughing so hard. Rubin's observations on life totally hit the mark. His observations on clutter made me pack up some books on my shelf to make room for this marvelously written comedic tome. I saw so much of myself in Help! that I began to wonder if Rubin was watching me with a pair of binoculars. Getting through a typical day can be so taxing. That's why Help! hit the mark so precisely for me. We all need to take a lighter look on life, and Rubin delivered big time. Kudos to the Lampoon for publishing such a humorous gem. I cannot recommend it highly enough. Also the perfect gift for friends and family!1 of 2 people found the following review helpful. Help...I Got It!By Heige StrypeThe funniest LOL book I've read all year. The book is a scream and at the same time, the author's out of the box ideas are extremely thought provoking. Whether you need assistance in any of the "Self Help" categories, you will come away with a new

perspective on yourself and others you know. On the surface many of Mr. Rubin's thoughts are completely outrageous, but given some thought and time to digest each idea, there is much truth. I for one have begun to re-evaluate a few of my related issues. Help! is another great work in the National Lampoon tradition! 1 of 2 people found the following review helpful. Funny Advice That Actually Works! By John Gordon `National Lampoon Help' is a fun, funny read for those looking to laugh at themselves. What is truly genius about this book is that if you actually followed some of this crazy advice it might really work! (Although I wouldn't recommend it, `cause you may be arrested.) This book is a refreshingly twisted take on the self help genre; from creating a new `star calendar' based around celebrity meltdowns, to `bridging to your inheritance' (where the author describes how to wait for your parents to die and collect the inheritance.) -I recommend it to everyone.

An anti self help self help book. This book turns self help on its head. Instead of finding an apartment live with your parents. Instead of working live with your parents! Advice for how to survive in life without growing or turning into an adult.

About the Author Scott Rubin is the Editor-in-Chief of National Lampoon. He has produced hundreds of pieces for National Lampoon NL Press. His material has been nominated for the Webby Award twice and has been entered into the Smithsonian Institute. He recently co-authored NLs The Saddam Dump.