



Author moves on from just me, me, me

GENERATION Y – the me, myself and I generation – has finally got a self-development book.

Andrew Griffiths' latest book, *The Me Myth*, tries to kill the said myth and get people to stop self-obsessing and instead focus on living their life.

You might think Andrew does not know you or your problems, but he sure has had his own struggles in life, which he shares in his inspiring book.

After being abandoned by his parents as a baby, he grew up with a kleptomaniac woman, who beat him regularly, and his teens were a blur of drugs, alcohol and crime.

Instead of following that bad path, Andrew turned his life around and became a successful entrepreneur and international bestselling author.

The self-development book, which funnily enough suggests the reader put away all their self-development books, has 36 chapters of advice on how to take responsibility for your own life.

"The less time you spend thinking about yourself, the more time you spend getting on with living and the greater your life will be-

come," Andrew says in the press release for the book.

Some of the pointers in the book include what to spend your energy on (the people who matter), and learning how to be grateful (even for the small things) and to stop procrastinating.

The Me Myth from Simon & Schuster is available in bookstores from tomorrow for \$29.90.

– JOSEFINE LETH

