

**THE FIRST SELF-HELP BOOK**

**GUARANTEED**

**NOT!**  
**TO HELP YOU**

**DR. SALLY BEASLEY, B.S.er, A.R.S.**  
(Alternate Reality Specialist)

This book is a work of fiction. Names, characters, places, incidents, and husbands are either products of the author's imagination, used fictitiously or represent an altered state of consciousness. Any resemblance to actual events, locals, or persons, living or dead, is entirely coincidental.

Dr. Sally Beasley is a fictional character created by Sally & Brian Dutra.

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# *Dedication*

*This Book is dedicated to my 7<sup>th</sup> husband,  
Stewart, or maybe it was Sam,  
I can't recall at the moment,  
but I think of all my husbands,  
he was my favorite.*



# *Acknowledgments*

*I wish to acknowledge my seven husbands  
for giving me a sense of humor.*

*I wish to acknowledge Carlie Tobin  
who said, “Why not?”*

*I wish to acknowledge Teri Sato  
who said, “Go for it. It’s not like  
anyone is going to read this anyway.”*

*And finally, Brian,  
my favorite male dancer down at Lumpy’s.*



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# A Little Bit About Me

Who am I?

I am a radio psychologist,  
sexual therapist,  
botanist,  
chemist,  
dentist,  
nuclear physicist,  
chainsaw juggler,  
preschool teacher  
and occasionally . . . I do temp work.

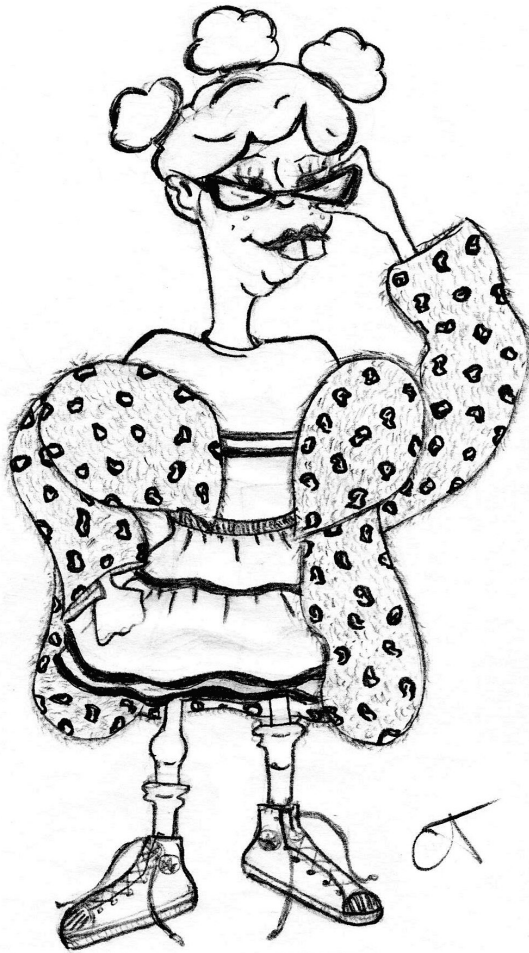
Why have you never heard of me?

Well, that's easy.

I have been in the Witness Protection Program for the last 29 years due to an unfortunate incident involving a kidnapping, a dwarf and Mexico, but I would rather not go into that right now.

That's another book.

After leaving my seventh husband, Sam (or was it Stewart?) I said, "Enough is enough. It's time to write a book."



## *Dr. Beasley Gemstone*

*If you wake up in the morning  
and you're still breathing,  
you know it's going to be a good day.*

This book is my song, my tribute to all souls in search for The Theory of Everything for their lives when they said it couldn't be done.

I did it.

When they said, "Surely, you'll fail."

I said, "We'll see."

When they said, "Who cares who you are?"

I said, "I care."

And if I care, maybe you will too.

And if not, too bad, because I don't care.

Now, I make no bold-faced comments, but this book has a few things

I think you should know about . . .

The three important things this book has:

1. The power to make me some hard, cold cash.
2. The ability to help me buy a new couch, a new mattress or heck—even a new house.
3. The knowledge to let you know you are not alone.  
(In reality you sort of are—but you didn't hear that from me.)

Read it with love.

Read it with joy.

But please, if the FBI comes looking for me, you've never heard of me.