

## Life Coach Says Self-Help Programs Do Not Work, Social Networking is Solution

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Certified life coach says self-help programs, books, and seminars make billions from sales, but do little to bring about change. Social networking web site provides the tools that make self-help programs work.

Santa Monica, CA -- A social networking web site provides the tools that self-help books and seminars fail to provide.

There are plenty of self-help gurus selling books, tapes, seminars, and programs that the millions who pay for them hope will change their lives, but certified life coach Devlyn Steele says reading a book or spending a few hours at a seminar are not enough.

"People continue to flock to programs that claim to provide ways to improve their life in one way or another, and billions are being spent. The reality is that there is no real evidence that these programs succeed," said Steele.

News reports seem to back him up. Recent headlines claim that obesity is increasing, divorce rates continue to climb, job satisfaction is low, only a small percentage have any savings, and most people continue to live from pay check to pay check.

"You cannot read a book or attend a seminar over a weekend, and wake up Monday morning with a new behavior. Learning and being able to change behavior and apply what you learned are very different. Most people, on their own, cannot follow through with the effort that programs at home require," said Steele.

For the past seven years, the techniques of the "Tools To Life" have enabled Steele's clients to accomplish their goals. Steele said he established [www.ToolsToLife.com](http://www.ToolsToLife.com) to create change in behavior, teach skills of goal setting, and create results that last. The service is free of charge.

"This is the first web site to provide an actual 'toolbox' with a fully interactive, multi-media guided self-development program to enable you to grow and expand your life. You choose whether you work alone, with your friends, or with new friends through our support network. They provide the encouragement, feedback, and support missing from other self-improvement programs," explained Steele.

"Our members are far more likely to effect positive changes in their lives because we provide a positive setting where they can thrive," he added.

About ToolsToLife.com:

Certified life coach Devlyn Steele created ToolsToLife.com to overcome the problems associated with other self-help programs. This social networking community provides members with free multi-media training tools, as well as a fully interactive community of members for a guided self-improvement program that really works.

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