



Dear Hannah: A Geek's Life in Self-Improvement

Philip Dhingra

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Before Philip wrote his first line of code, he tried to re-program his mind. For his 14th birthday, Hannah gave him Dale Carnegie's *How to Win Friends and Influence People*, which kicked off a life-long obsession with self-improvement. Follow Philip over 82 letters as he re-tells his journey from winning ThinkQuest, to quitting—and returning to—Stanford, to dealing with dating, happiness, and direction, to eventually making it as an indie iOS app developer. *Dear Hannah* is either a cautionary tale about self-improvement, or it is a filter for the 10% of self-help that may actually change your life.

“Philip Dhingra's letters to Hannah are a powerful exploration into the depths of self-help, personal-improvement, and life-transformation. Each letter to Hannah intimately unfolds a nugget of timeless wisdom & Philip's practical application of each teaching translates easily to our own lives in the real world. With insight and vulnerability, Philip takes us to the core of his personal evolution and—letter-by-letter—we evolve with him.”

—davidji, author of *SECRETS OF MEDITATION*

“Philip Dhingra's words point for you to look within your own heart for peace. Drawn from his own journey, there's no need to look outside ... all you need to know is within you. This book invites you to see for yourself the way to peace.”

About the Author

Philip Dhingra is a President's Scholar from Stanford University, where he received his B.A. in Mathematical and Computational Sciences. In addition to authoring books on life change, he develops best-selling iOS apps including *Nebulous Notes* and *The Creative Whack Pack* (a collaboration with creativity pioneer Roger von Oech). Philip divides his time between Austin, Texas, and San Francisco, California.

Philip has written three books on personal change:

Dear Hannah: A Geek's Life of Self-Improvement (2014) is a cautionary tale about self-improvement consisting of 82 letters written over 16 years describing every self-help book, pop psych article, and personal invention Philip used--or abused--to change who he is.

Character & Chemistry: The Only Two Questions You Need in Dating (2012) - This two-step formula will help you simplify the art of picking the right partner.

Life-Altering Experiences: How One Question Tapped into the Soul of Metafilter (2009) - Philip selected over 50 stories from one of MetaFilter's most popular threads. The thread asked members the following question: "Can you point to a single experience in your life, as a child, which you can define as having contributed to the person you are today?"

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