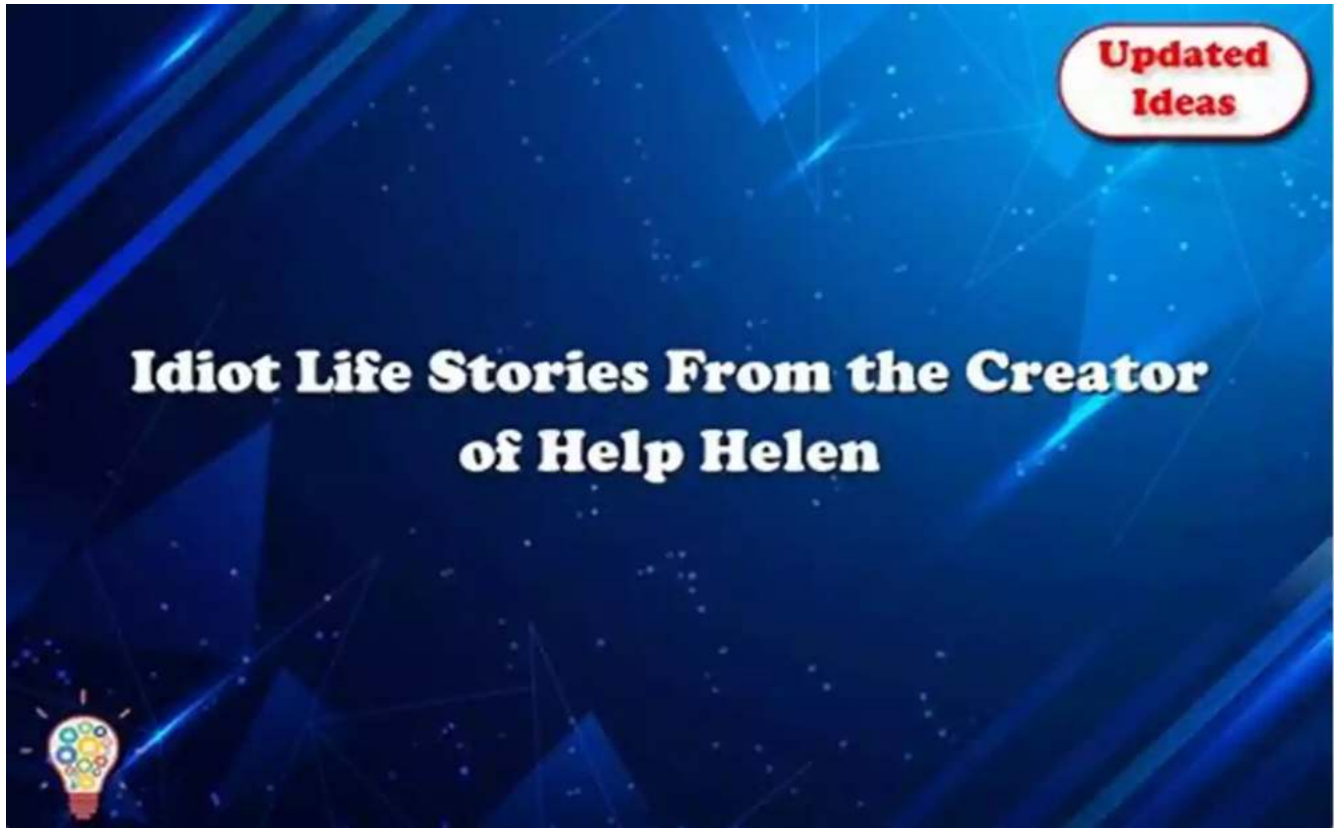


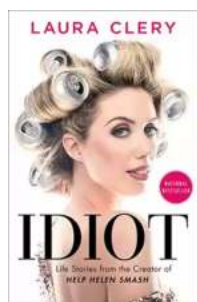
# "Help Helen Smash" Creator Shares Inspirational Life Stories We All Need to Hear



Life is full of ups and downs, and often we find ourselves searching for the motivation to keep going. In those moments, hearing inspiring stories from individuals who have faced adversity and triumphed can provide the much-needed boost we crave. One such individual, the creator of the widely popular "Help Helen Smash" movement, has shared their incredible life stories that are bound to leave you feeling empowered and ready to face any challenge that comes your way.

## **The Birth of Help Helen Smash**

Before delving into the creator's life stories, it's important to grasp the concept and origins of Help Helen Smash. The movement gained tremendous traction on social media platforms, capturing the attention of people worldwide. Helen, the imaginary persona behind Help Helen Smash, became a symbol of breaking through barriers, overcoming obstacles, and living life to the fullest.



## Idiot: Life Stories from the Creator of Help Helen Smash

by Laura Clery (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 1845 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 255 pages



The creator realized that in order to inspire others, they would have to share their own experiences of smashing through life's challenges. Their stories are not only captivating but also relatable and thought-provoking. Here, we take a closer look at a few of these powerful narratives.

### 1. Conquering Fear and Pursuing Passion

The creator reveals their journey of conquering fear and following their passion. It all started with a deep desire to make a difference and inspire others, but fear held them back for years. Through a series of reflections and self-discovery, they found the courage to chase their dreams and

create the Help Helen Smash movement. This story reminds us that it's never too late to pursue what truly sets our souls on fire.

## **2. Overcoming Personal Setbacks**

Life often throws unexpected obstacles in our path, testing our resilience and strength. The creator didn't shy away from sharing their personal setbacks with the world. From battling grief and loss to dealing with career setbacks, they illustrate how each setback was a stepping stone towards personal growth and self-discovery. This story teaches us the importance of perseverance and embracing challenges as opportunities for growth.

## **3. Spreading Positivity and Empowering Others**

The Help Helen Smash movement became a platform for spreading positivity and empowering others to live their best lives. Through their life experiences, the creator demonstrates the immense power of supporting and uplifting one another. From random acts of kindness to motivating others through daily challenges, this story shows that even small gestures can create ripples of positive change in the world.

## **4. Finding Strength in Vulnerability**

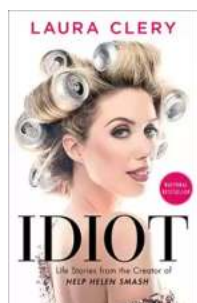
While society often portrays vulnerability as a weakness, the creator opens up about their struggles and how they found strength within their vulnerability. By embracing vulnerability, they discovered an unwavering sense of self-worth and authenticity. This story reminds us that showing vulnerability is a courageous act that leads to deeper connections and personal growth.

## **Embracing Your Own Journey**

The life stories shared by the creator of Help Helen Smash are not just inspiring tales but also a call to action for individuals to embrace their own journey, no matter the challenges they face. By highlighting the power of resilience, self-belief, and the support of a community, they have ignited a fire within countless souls.

So, the next time you find yourself in need of motivation or a reminder that you are capable of conquering any obstacle, turn to Help Helen Smash and immerse yourself in the life stories shared by its creator. Prepare to be inspired and ready to embark on your own remarkable journey!

*Disclaimer: The images used in this article are for illustrative purposes only and do not depict the actual individuals mentioned.*



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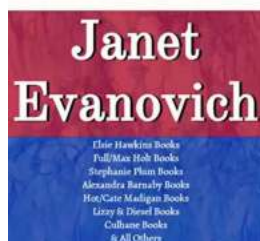
From nationally bestselling author, YouTube star, and Facebook Video sensation Laura Clery comes a collection of comedic essays that paint “an honest, complicated portrait of how your life can change” (SheKnows).

Laura Clery makes a living by sharing inappropriate comedy sketches with millions of strangers on the internet. She writes songs about her anatomy, talks trash about her one-eyed rescue pug, and sexually harasses her husband, Stephen. And it pays the bills!

Now, in her first-ever book, Laura recounts how she went from being a dangerously impulsive, broke, unemployable, suicidal, cocaine-addicted narcissist, crippled by fear and hopping from one toxic romance to the next...to a more-happy-than-not, somewhat rational, meditating, vegan yogi with good credit, a great marriage, a fantastic career, and four unfortunate-looking rescue animals. Still, above all, Laura remains an amazingly talented, adorable, and vulnerable, self-described...Idiot.

With her signature brand of offbeat, no-holds-barred humor, *Idiot* introduces you to a wildly original—and undeniably relatable—new voice.

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