



How to Be Your Own Best Friend

Mildred Newman, Bernard Berkowitz, Jean Owen

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What is real, lasting happiness? How does one achieve it? And why are so many people holding themselves back? At the heart of this profound, simple, beautiful book is the wisdom of Mildred Newman and Bernard Berkowitz, married psychoanalysts who encourage readers to both love themselves and to confront life's hardest truths. A classic for more than three decades, *How to Be Your Own Best Friend* has already changed millions of lives. Now, open up your mind, and let it change yours.

Praise for *How to Be Your Own Best Friend*

"I want to tell you that it's magic, but the whole point of the book is that there is no magic. So instead let me simply say that I can't live without it."—**Nora Ephron**

"A wonderful prescription for the blahs . . . an antidote to weariness, discouragement or loneliness."—**Los Angeles Times**


"What the Berkowitzes unearthed . . . is a too-often-forgotten form of human intercourse called getting to know *me*."—**Chicago Tribune**

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Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love How to Be Your Own Best Friend, you may enjoy both. It is very good combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

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