



## How to Be Your Own Best Friend

*Mildred Newman, Bernard Berkowitz, Jean Owen*

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**How to Be Your Own Best Friend** Mildred Newman, Bernard Berkowitz, Jean Owen

"Sensible advice on how to give up childhood, accept yourself and your own maturity and deal with life on your own two feet."

DALLAS TIMES HERALD

In this unique, bestselling question-and-answer guide to self-love and acceptance, two practicing psychologists (who are also married to one another) reveal the secret of pursuing happiness, by revealing to ourselves what we think we are striving for, and what it is that keeps us from achieving our goals.

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