



101 Ways to Be Your Own Best Friend: A Guide to the Art of Fully Living

Phd, Susan Bregman

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The phrase "be your own best friend" is a well-known saying primarily because this approach really works. Being your own best friend develops self-reliance and self-compassion. It gives you the strength to become the director and producer of your own life-and it can even help you enrich relationships with others. This practical guide to living life to its fullest offers insights, anecdotes, unique exercises, and daily practices that can help you see all the possibilities in life. You can discover ways to

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