



# 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

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***

"A kind of psychiatric pep talk . . . directed at people who [are] learning how to operate themselves."—***The New York Times***

"Seductively jargon-free, presented in neat question-and-answer format."—***Houston Chronicle***

*From the Trade Paperback edition.*

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