



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**

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