



# **Be Your Own Best Friend: A Practical Guide to Treating Yourself the Way You Deserve to be Treated**

*Sarah Wheeler*

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## **Be Your Own Best Friend: A Practical Guide to Treating Yourself the Way You Deserve to be Treated** Sarah Wheeler

Life is hard! Work problems, relationship problems, the pressure to look a certain way, the skyrocketing cost of living and countless other factors all combine to create a tremendous tension in your life, and it's getting harder and harder to cope. You crave a strong support system.

The problem is all the people in your life are busy dealing with their own stressful lives. You feel lost and alone, unsure of how you're going to deal with the mounting pressure without the help of others.

The solution? Help yourself! This book is packed full of suggestions on treating yourself with tender loving care, as well as ideas for spending quality time with yourself. Once you commit to being your own best friend (instead of your own worst enemy) you'll pave the way for all sorts of positive changes in your life.

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