



How to Be Your Own Best Friend

By Mildred Newman, Bernard Berkowitz, Jean Owen

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

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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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Review

“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**

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

From the Inside Flap

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

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About the Author

Mildred Newman graduated from Hunter College High School and from Hunter College, where she received an M.A. in psychology. She spent a number of years in training with Theodore Reik, and she completed the analytic training program at the National Psychological Association for Psychoanalysis. Newman was a supervisor for the Community Guidance Service of New York City, and her work has been anthologized in *New Approaches in Child Guidance*. She was married to Bernard Berkowitz until her death in 2001.

Bernard Berkowitz graduated from City College, received an M.S. from Columbia University, and his Ph.D. from New York University. He attended the Alfred Adler Institute and the Postgraduate Center for Mental Health. Dr. Berkowitz has been affiliated with City College and with the John Jay College of Criminal Justice of the City University of New York, and has had numerous articles and reviews published in various journals. He lives in New York City.

Jean Owen graduated from Skidmore College and received an M.A. in philosophy from Columbia University. After collaborating with Newman and Berkowitz, she trained as a psychoanalyst and is currently practicing in New York City.

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Jose Bell:

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Charles Malone:

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Bryan Lewis:

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