



How to be Your Own Best Friend

Paul A. Hauck

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Paul Hauck is the author of "How to Love and Be Loved" and "How to Stand Up for Yourself". People can feel guilty about self-interest, but this book shows that self-neglect can hold you back in many ways and prevent you from getting the most out of life. The book offers practical advice about how to assess your goals and abilities positively, and handle opposition and frustration calmly.

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