



I Love Me: A Guide to Being Your Own Best Friend

Bev Aisbett

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Bev Aisbett, who has helped thousands of Australians find a way out of depression and anxiety, now shows you how to find the most loyal friend of all ...YOU! Do you feel that life has left you out in the cold? Do you feel unloved, unwanted or overlooked? Do you reach out to others for support only to find that they leave you disappointed or dissatisfied? there are times in our lives when we seem to have no-one in our corners, and so we feel depressed, lonely, hurt or angry. But there is someone to turn to - if you know how. Someone you can trust and rely on, no matter what: yourself!



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