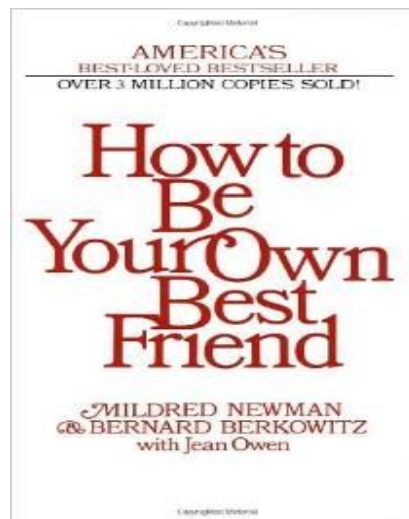




HOW TO BE YOUR OWN BEST FRIEND

AUTHORS: MILDRED NEWMAN AND
BERNARD BERKOWITZ



THIS POWER SUMMARY WAS CREATED BY DAVID RIKLAN

Original Publication Date: 1986

This book, first published in 1986, still has a lot of practical advice that is as useful today as it was in 1986. It has sold over 3 million copies.

Short Summary

Relationships are vital to the strength, health, and well-being of people—but often people focus much too much on what others can give to them and forget about valuing their relationship with themselves. In this book, Mildred Newman explores the idea of being your own best friend, giving yourself the emotional support and encouragement that you need, and feeling strong and confident with yourself.

Key Takeaways

Some of the important information that is discussed in this book includes:

- 1) Even people that are highly educated, have great jobs, are wealthy, or are surrounded by friends and family seem to be dull and dissatisfied. Much of this is because they do not have a zest for life that is inspired by being successful and happy within their own experiences and interests.
- 2) Being your own best friend is not about rejecting the others in your life, but about being satisfied within yourself and finding appreciation, encouragement, and pleasure within your own support of yourself.
- 3) If you cannot love and appreciate yourself, you will not be able to love and appreciate those around you. Not being able to appreciate and love yourself will lead you to being needy and clingy in your relationships with others. Being confident and secure in yourself means that you do not need to desperately seek these sensations from other people and can simply love and appreciate others for who they are and the relationship that the two of you share.
- 4) You do not need to always seek to please others to survive in this world. You can stand up for yourself and your beliefs and get through life with confidence and happiness.

- 5) Much of the negative thoughts we suffer are due to the thoughts we developed as children. We need to release ourselves of these negative thoughts and develop new, more productive perceptions of ourselves.

Action Steps

- 1) Embrace that you can truly be the most important person in your own life. Remind yourself often of the concept that if you do not love yourself truly and fully, you cannot love another person. It is incredibly valuable to have a good relationship with yourself.
- 2) Give yourself the chance to truly feel good about yourself and your accomplishments. This is not about being selfish or self-involved, but rather praising yourself and giving yourself the encouragement that is needed to get through difficult times and elevate you to continue pursuing greatness.
- 3) Encourage yourself to grow, to change, and to constantly become a stronger person.

Thought-Provoking Questions

- 1) Are you satisfied with your life? What can you do to find greater fulfillment?
- 2) Do you seek and rely on approval from others?
- 3) What are some negative thoughts you harbor about yourself? How can you release them?

Quotes and Excerpts

"We take very seriously pursuit of happiness and believe that we describe better than we have got."

"We can all help ourselves to change, to grow, to become the person it is in us to be we can learn to be our own best friend. We are our best source of encouragement and good advice. We are all accustomed to waiting for someone to give us a kind word, but we really have available to ourselves many kind words."

"When you stop trying to get from other people what they can't give to you, you can begin to enjoy what they can offer."

Author's Biography

Mildred Rubenstein Newman was a New York psychologist whose vastly popular books helped meet an American yearning for emotional self-help and self-betterment in the 1970's.

She and her husband, Dr. Bernard Berkowitz, a psychologist and psychiatrist, wrote "How to Be Your Best Friend" (Random House, 1973). A slender volume of practical advice simply expressed, it sold in the millions and remains in print at Ballantine.

To purchase this book directly from Amazon.com, go to

<http://www.amazon.com/exec/obidos/ISBN=0345342399/selfimprovemeonIA>