



## Be Good to Yourself Therapy (Paperback)

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By Cherry Hartman

Abbey Press, United States, 1987. Paperback. Book Condition: New. 152 x 102 mm. Language: English . Brand New Book. The original, best-selling book that began the popular Elf-help movement! For those who desire to rejoice in the truth of their own lovability! Author and clinical social worker Cherry Hartman takes a lighthearted look into the power of genuine self-love. There are 37 wise and charmingly illustrated rules for coping day-by-day and living honestly, fully, and lovingly.



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### Reviews

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*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**