



# Stop Being Mean to Yourself: A Story About Finding The True Meaning of Self-Love

By Melody Beattie

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## Stop Being Mean to Yourself: A Story About Finding The True Meaning of Self-Love By Melody Beattie

Stop Being Mean to Yourself is a compassionate guide filled with new ideas for overcoming the pitfalls of guilt and self-doubt, and helps readers find a happier place in the world.

In this wonderfully practical book, Melody Beattie gives you the tools to discover the magnificence and splendor of your being. -- Deepak Chopra, M.D. Beckoning readers toward a spiritual territory beyond even that of her revolutionary best-seller Codependent No More, Melody Beattie conducts us through teeming Casablanca, war-torn Algeria, and the caverns of Egypt's great pyramids as she embarks on a new kind of journey of the soul. An enlightening blend of travel adventure and spiritual discovery, filled with new ideas for overcoming the pitfalls of guilt and self-doubt, Stop Being Mean to Yourself is a compassionate tour guide for the troubled and the heartsick, for those who seek a happier place in the world. A tale that is at once modern and timeless, rich with the promise of personal discovery, it is a book about learning the art of living and of loving others -- and ourselves. As full of suspense and excitement as it is of hope and encouragement, it is as rewarding for its pure reading pleasure as for the wisdom it imparts. **About the Author:** Melody Beattie is the author of numerous best-selling books, including Codependent No More, Beyond Codependency, The Language of Letting Go, A Codependent's Guide to the Twelve Steps, and Journey to the Heart. Beattie's writing draws on the wisdom of Twelve Step healing, Christianity, and Eastern religions.

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### Editorial Review

#### Amazon.com Review

Using the unlikely backdrop of Northern Africa, Melody Beattie (author of *Co-Dependent No More*) blends the genres of travel adventure and spiritual quest. Traveling mishaps such as being led unknowingly into the souk of Cairo (rumored to be a clandestine marketplace of no return), become metaphors for learning how to let go of fear while still honoring your instincts. Interrogations at border crossings symbolize the self-examination we must endure before crossing over to a new stage of enlightenment. Fortunately, this is not a U.S.-centric travelogue. In war-ravaged Algiers, Beattie diligently pursues the truth of its people rather than her own reactions to poverty and terrorism. Despite its pop-psychology title, this is a book of impressive depth, exploring the global challenge of loving thy neighbor as well as thy self.

#### From Library Journal

This is a sequel to Beattie's best-selling book, *Codependent No More* (Hazelden, 1993). Her new work contains the same compassionate tone and penetrating insight for which Beattie has become well known and loved. She takes her audience on an odyssey that starts in Northern Africa. On her journey she shares hope and encouragement and employs analogies along the way to Casablanca, Algeria, and Egypt. She provides lessons about letting go of fear and trusting one's instincts. This is a masterful blend of travel adventure and a refreshing guide to spiritual discovery. Some of Beattie's other books include *The Lessons of Love* (HarperSanFrancisco, 1994) and *Journey to the Heart* (HarperSanFrancisco, 1996). Recommended for libraries with self-help collections. ?Ravonne A. Green, Emmanuel Coll. Lib., Franklin Springs, Ga.

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#### Review

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--*Deepak Chopra, M.D.* (Deepak Chopra, M.D. )

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**Loretta Pena:**

In this age globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The actual book that recommended to you personally is Stop Being Mean to Yourself: A Story About Finding The True Meaning of Self-Love this publication consist a lot of the information in the condition of this world now. That book was represented so why is the world has grown up. The words styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. That's why this book suited all of you.

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