

**STOP BEING MEAN TO YOURSELF: A STORY ABOUT
FINDING THE TRUE MEANING OF SELF-LOVE**

Alicia Nykol Anschutz

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Stop Being Mean to Yourself: A Story About Finding The True Meaning of Self- Love Paperback - September 17, Melody Beattie Hazelden Publishing.

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Note: Beattie has other books that are worth reading There were two chapt I knocked one star off because there was a heavy amount of filler in this book.

Thismanwas42,IwasonlyAAnonymousNov3, She finally had enough and I enjoyed reading about the people she met in the Middle East, but I didn't really connect with the rest of what she was writing. If you have to continually ask your partner if he or she loves you, or if your partner is never able to take in the love you have to share, both of you may want to seek some additional support. Thanksyou.If we truly want to have the Spirit of the Lord and experience joy and happiness, we should rejoice in our blessings and be grateful.