



Be Your Own Best Friend

Randy Petersen, Thomas A. Whiteman

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Not many of us know how to love, affirm, and support ourselves. Step by step, this book shows us how we can make friends with ourselves-and see ourselves as God sees us. The authors present helpful strategies for building and maintaining a balanced self-esteem. They discuss practical ways we can confront those "villains" that keep us from accepting ourselves. Most of all, they give specific ideas and activities that will change our ways of thinking about ourselves.

Author info Thomas A. Whiteman, Ph.D., is the founder and president of Life Counseling Services and a director for Fresh Start Seminars, a nonprofit organization that conducts more than fifty divorce seminars a year. He has authored or coauthored fourteen books. He and his wife, Lori, live in Berwyn, Pennsylvania. Randy Petersen is a freelance writer and the author of more than twenty-five books, including 100 Most Important Events in Christian History. He lives in Westville, New Jersey.

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