



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

Melody Beattie

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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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