



Stop Being Mean to Yourself

Melody Beattie

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In this fascinating sequel to her bestselling *Codependent No More*, Melody Beattie takes us far beyond the style -- and even beyond the revolutionary lessons -- of that audio, which touched uncounted lives. Her newest offering is a refreshing departure from the traditional self-help format and is distinguished by the familiar compassionate voice and penetrating insight for which Beattie is renowned.

Stop Being Mean to Yourself takes us to Northern Africa on a modern-day odyssey: one as full of suspense and excitement as it is of hope and encouragement. In teeming Casablanca, in war-torn Algeria, in the deep caverns of Egypt's great pyramids, Beattie uncovers simple yet vital lessons for living in today's world: lessons about letting go of fear and trusting our own instincts, about setting boundaries and working with our own special power. A masterful blend of travel adventure and guide to spiritual discovery, full of new ideas for overcoming the pitfalls of guilt and self-doubt, her story beautifully illustrates how you really can love your neighbor and yourself.

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