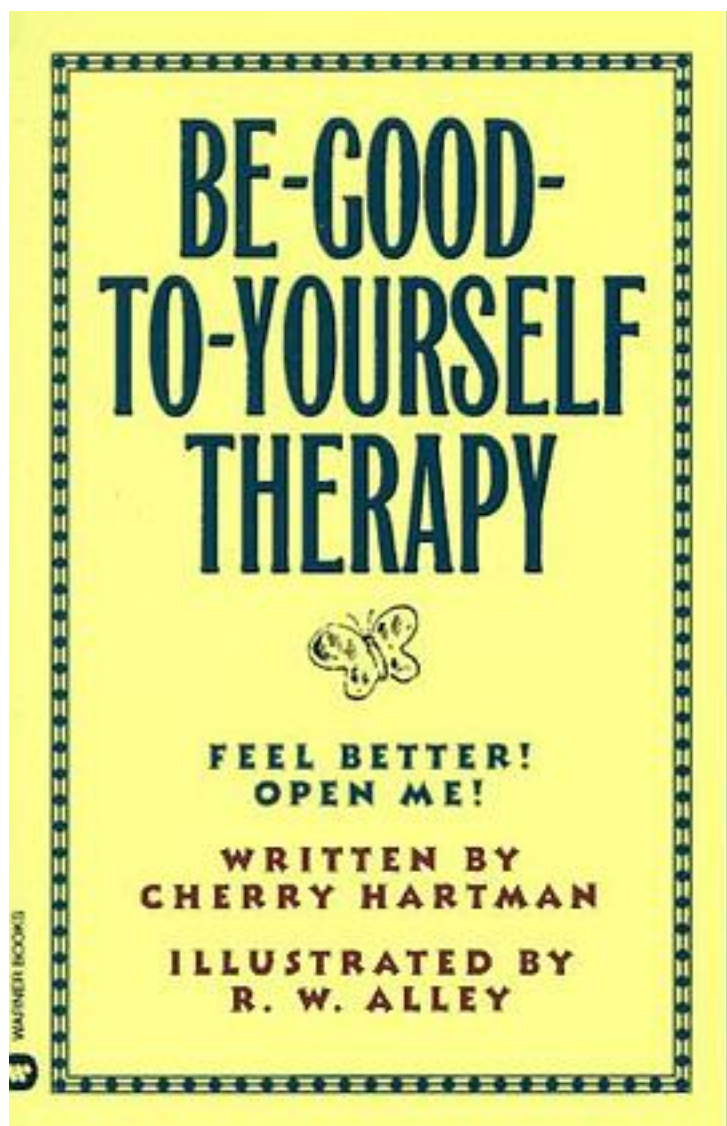


Be-Good-To-Yourself Therapy



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著者:Hartman, Cherry

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The original, best-selling book that began the popular Elf-help movement For those who desire to rejoice in the truth of their own lovability Author and clinical social worker Cherry Hartman takes a lighthearted look into the power of genuine self-love. There are 37 wise and charmingly illustrated "rules" for coping day-by-day and living honestly, fully, and lovingly.

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