



Be Good to Yourself Therapy (Elf Self Help)

Cherry Hartman

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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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