



Your Own Best Friend?: Why You Are Not And How To Be.

Kevin Audley MS.Ed.

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How is your life? Are you fully satisfied right now, or are you looking for something that might make it better? If you are like the majority of us, the grass is always greener somewhere else or down the line.

I'm going to show you how to be your best friend once and for all—through real-world stories, stats, expert advice, the latest research, spiritual wisdom, and modern-day examples. I'm going to paint the picture for you of what this looks like—being your best friend—and how to make it happen in a practical, realistic, and fun way so that you will not only get there, but stay there too! Think about what you'll be able to create for yourself!

But first, in order to get to the payoff, I'm going to explain the many reasons why you haven't yet been able to be your best friend. You'll be amazed at what you—and everyone else—have been up against. I do this both to better help you understand your path (and have a better grasp of a societal system that's totally stacked against us), and because the more you understand something, the more its power to control you disappears.

As a practicing therapist, I've worked with hundreds of clients who have successfully become their own best friends. That's why I know you can do the same. Together, in these pages, we'll walk through incredible findings in psychology, religion, spirituality, and philosophy. It's the powerful work of others—all very prominent individuals in their respective fields—that support many of my theories. I hope you'll allow them to support you as well. I know your life will be richer and more fulfilled for it.

The socialization process is necessary in a social world. The question is whether we want to step out of our illusions or live within them. You can be your own best friend.

Author and Law of Attraction Coach Kevin Audley is the foremost expert regarding the use of the human mind to enhance productivity and results within an individual. Why is it that some people flourish, while other seem to be stuck in a never ending cycle of struggle? If you're looking for the answer, you have come to the right place.

The majority of what we believe about ourselves and our world is firmly in place by age 6. These beliefs, which are often negative and self-limiting, are stored down in our subconscious mind. To move forward, you need to replace thoughts that are negative and change them to positive, self-affirming beliefs.

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