



# The Friend: Finding Compassion with Yourself

*Nishant Nattgevs*

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# The Friend: Finding Compassion with Yourself

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## **The Friend: Finding Compassion with Yourself** Nishant Nattgeews

The Friend gives a fresh, simple understanding of happiness as a state of Being, and unhappiness as a reflection of our distance from our own Being. In modern language, it shows how we have come to be separated from our own being. The Friend is both guide book and a Journey book. It teaches skills and understanding for navigating through the personality self to find the core states of Being. In the journey we find challenges, tasks, learning, and the precious inner treasures that open to our willingness to be with our self.



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