A Practical Psy ndbook MAKING FRIENDS EASILY C. H. Teear B.A.

## Contents

	<b>P</b> age
FOREWORD	7
PREFACE	9
Chapter	
1. EXAMINE YOURSELF	11
2. A ZEST FOR LIFE	19
3. WHY MANNERS MATTER	23
4. THE ART OF CONVERSATION	28
5. CONTROLLING SELF-CONSCIOUSNESS	33
S. EXTEND YOUR INTERESTS	41
DIFFICULT PEOPLE	48
PRACTICAL OPPORTUNITIES	<b>5</b> 5