



## Meet Your New Best Friend, Second Edition

*Dr. James R. Fisher Jr.*

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# Meet Your New Best Friend, Second Edition

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**Meet Your New Best Friend, Second Edition** Dr. James R. Fisher Jr.

*Meet Your New Best Friend* shows the reader how we are all authors of our footprints in the sand, heroes of the novels inscribed in our hearts. Everyone's life is sacred, unique, scripted high drama played out before an audience of one with but one actor on stage. The sooner we realize this the more quickly we overcome the bondage of loneliness and find true friendship with ourselves. This is the favorite quote of marketing executive Eric Michael Rodts: "To attempt to do for others what they best do for themselves is to weaken their resolve and diminish them as persons. The same holds true of ourselves." He exhorts, "Bingo! Amen! Oh, yeah!" To have a friend you must be a friend starting with yourself. This is a simple declarative statement of a fact but is seldom observed in the manner of interpersonal cultural programming, or indeed in social intercourse in general. Too often friends are sought to enhance self-tolerance rather than self-tolerance being the magnet that attracts friends. No greater taboo exists in society than to consider oneself first and far most one's best friend. So, throwing off the chains of this illusion is difficult because there is little precedence. It is considered narcissistic and selfish when it is virtually impossible to be a true friend to anyone if that friendship is not a derivative of self-regard. We are all authors of our own footprints in the sand, heroes of the novels inscribed in our hearts. Everyone's life without exception is scripted high drama played out before an audience of one with but one actor on stage. The sooner we realize this the more quickly we overcome the bondage of loneliness and find true friendship with ourselves. True acceptance of others as we find them is not possible without a similar magnanimity towards ourselves. In the past, work drove deeds, now deeds drive work. We live in the Information Age, an electronic age in which little pixels and dots and dashes into communication streams that bombard the senses of individuals across the room or across the globe instantaneously. We have left industrial and postindustrial society, and have moved quickly into modern and onto postmodern society and yet we are now as we were then left with ourselves, a self that differs little with selves of ages past but a self now that not only needs integrity and tolerance of others but these requirements are essential to us all in order to cope, thrive and prevail given the everyday demands upon them. This is the "virtual you," and this book is the vehicle to introduces you to that new best friend, yourself.

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