**It is easier to pull than to push a body.**

Friction is the force acting between the object and the surface.  
On a level plane the normal force acts due to the weight of the body. We also know that there are components of a vector quantity and force is also a vector quantity. When we pull an object on the horizontal plane, then the vertical component of the force will act vertically downward and will increase the weight of the object leading to an increase in friction. If the friction will be more then it will be difficult to move the object as friction acts in the opposite direction of force.  
On the other hand if we pull an object, then the vertical component acts in the upward direction, reducing the force of friction.  
So, when there will be less force of friction, it is easier in that case to move the body.

 

