



Have a New You by Friday: How to Accept Yourself, Boost Your Confidence & Change Your Life in 5 Days

By Dr. Kevin Leman

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How many times have we tried to change our own habits, only to find that changing ourselves is even harder than trying to change someone else? Now, what the bestselling *Have a New Kid by Friday* has done for families and *Have a New Husband by Friday* has done for couples, *Have a New You by Friday* will do for individuals. With his signature wit and commonsense psychology, Dr. Kevin Leman will walk readers through their own personal five-day action plan. Readers will come to -accept the truth about themselves -boost their confidence by identifying the lies they're telling themselves -and putting them to rest for good-change their lives by concentrating on becoming who they really want to be. Based on content from *The Real You*, *Have a New You by Friday* is the way to a happier, more fulfilling life.

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