



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

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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