



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

Dr. Kevin Leman

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You can change your life--in just 5 days!

How many times have you tried to change your own habits, only to find that changing yourself 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 you. With his signature wit and commonsense psychology, Dr. Kevin Leman walks you through your own personal five-day action plan. You will come to

- Accept the truth about yourself
- Boost your confidence by identifying the lies you're telling yourself . . . and putting them to rest for good
- Change your life by concentrating on becoming who you really want to be

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