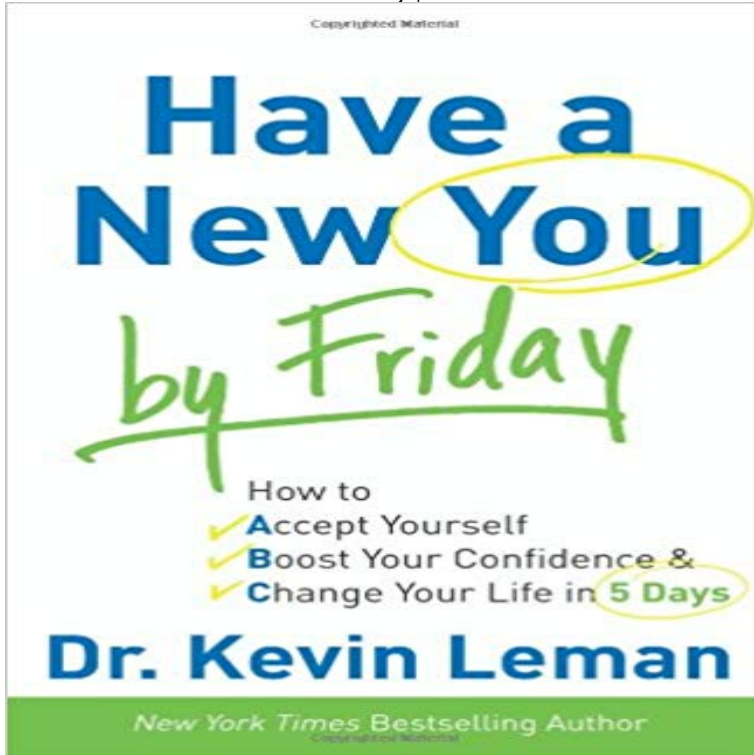


Have a New You by Friday: How to Accept Yourself, Boost Your Confidence & Change Your Life in 5 Days



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 theyre telling themselves--and putting them to rest for good-change their lives by concentrating on becoming who they really want to beBased 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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