



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

By Kevin Leman

Baker Publishing Group. Paperback. Book Condition: new. BRAND NEW, Have a New You by Friday: How to Accept Yourself, Boost Your Confidence & Change Your Life in 5 Days (International edition), 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 common sense psychology, Dr. Kevin Leman will walk readers through their own personal five-day action plan.



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