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Be Your Own Shrink

By Dr. Kevin Leman



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Be Your Own Shrink By Dr. Kevin Leman

"I believe personality makeovers are just as possible as appearance makeovers," claims birth order guru Dr. Kevin Leman. In *Be Your Own Shrink*, he describes four personality indicators (birth order, personality types, childhood memories, and love languages) to help readers develop positive habits, use self-talk to work through tough times, marshal their imaginative energy, and more. Once readers understand their strengths, their weaknesses, their predispositions, the forces of nature, and how their family background shaped them into the people they are, they can build on who they are and become their personal best. Dr. Leman will show them how!

Previously published as *The Real You*

Revell, 0-8007-5812-9



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Editorial Review

From the Back Cover

Become the best possible you. If you're ready to create positive changes in your life, Dr. Kevin Leman has great news: Whatever flaws you think you have can be overcome--for good. Unlock the secrets of your birth order, your childhood memories, your "love language," and your natural personality bent to discover how you became the person you are today. Then you're ready for your own "personality makeover." Once you really understand yourself--your strengths, weaknesses, predispositions, family background, and the forces of nature--there will be no holding you back. Get ready to become your personal best in every aspect of life. Dr. Kevin Leman is an internationally known psychologist, humorist, best-selling author, and the founder of MatchWise.com. He is former consulting psychologist for Good Morning America and a frequent guest for The View, The Early Show, NBC's TODAY, and CNN.

About the Author

Dr. Kevin Leman is an internationally known psychologist, humorist, and best-selling author. He is former consulting psychologist for Good Morning America and a frequent guest for The View, The Early Show, and Focus on the Family. He and his wife, Sande, live in Tucson, Arizona. They have five children and two grandchildren.

Users Review

From reader reviews:

Roberto Fetter:

Have you spare time for any day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a go walking, shopping, or went to often the Mall. How about open or even read a book allowed Be Your Own Shrink? Maybe it is to be best activity for you. You recognize beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with its opinion or you have some other opinion?

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