



Why Your Best Is Good Enough

Dr. Kevin Leman

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Break free from perfectionism!

Are you an expert at finding flaws within yourself? Do you tend to procrastinate, set unrealistic goals, or continually try to please others? Do you have to "push" your children to get them to do anything?

Writing in his warm and direct style, Dr. Kevin Leman shows you how to value your talents and gifts and accept your shortcomings. Regardless of the past, you can develop a healthy lifestyle today. Dr. Leman also shows you how to apply these same principles in raising children with healthy self-esteem.

If you want to make a positive change in your life, this is the place to start.

Dr. Kevin Leman, an internationally known psychologist, humorist, radio and television personality, and speaker, has taught and entertained audiences worldwide with his wit and commonsense psychology. Dr. Leman is the *New York Times* bestselling and award-winning author of many books, including *Have a New Kid by Friday*, *Have a New Husband by Friday*, *The Birth Order Book*, *Sex Begins in the Kitchen*, and *Turn Up the Heat*.

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From reader reviews:

Ella Jacobs:

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Mamie Perkins:

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Linda Amato:

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Robert Holt:

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