

Are You a Candidate to Read This Book?

Take our quiz to find out. Simply mark Y for Yes or N for No on the line before each entry.

About You

- ___ I'm overwhelmed, overbooked, and overstressed, yet I take on more.
- ___ Some days I wonder where my dreams went.
- ___ It's hard for me to let go of grudges or my past.
- ___ I find it difficult to be happy for those who succeed.
- ___ I tend to lose the same ten pounds over and over and over.
- ___ I promise myself I'll say no but still find myself saying yes.
- ___ Everyone seems to do better than me.
- ___ I find it difficult to confront others with things they've done wrong—whether at home, at work, or with friends.
- ___ It isn't easy for me to make or keep friends.
- ___ Life isn't anything like my dreams . . . and I'm disappointed.
- ___ I feel bitter and angry sometimes, like I got the raw end of a deal.
- ___ I don't feel like what I do is very important.

Dr. Kevin Leman,

Have a New You by Friday: How to Accept Yourself, Boost Your Confidence & Change Your Life in 5 Days, Revell Books, a division of Baker Publishing Group, © 2011. Used by permission.

- ___ Many of the things I do go unnoticed by others.
- ___ Some days I think, *I'm never going anywhere, am I? I'm just stuck.*

About Others

- ___ Others rarely (or never) listen to me, even when I have something important to say.
- ___ Others drop the ball a lot. I always end up picking it up and running with it to the finish line. Otherwise the task won't get done.
- ___ My sister/brother was "the perfect one" at home.
- ___ When others get angry, I freeze or go into super-pleaser mode.
- ___ Others don't give me much respect.
- ___ My parents were always hard on me. I couldn't do anything right.
- ___ I'm a cup-half-empty kind of person. I get down on myself a lot.
- ___ My family and/or co-workers take me and everything I do for granted.
- ___ Others act (or have acted) abusively toward me, whether in words or actions, and I just take it.
- ___ Every relationship I have seems to go wrong somewhere.
- ___ I find myself thinking, *Why can't I be more like her?*

If any of these topics resonated with you and you marked even one Y, you need to not only read this book but *carry it around with you.*

This book will scratch where you itch.
I promise.

Dr. Kevin Leman,

Have a new you by Friday? Is it possible?

To tell you the truth, it's a scam. You can have a new you by *Wednesday* if you do just a few simple things. And then you can have an even *better* you by Friday! Keep reading, and I'll show you how.

This is the miracle turnaround you're looking for.

I guarantee it.

Dr. Kevin Leman,

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Have a New You by Friday

How to **A**cept Yourself,
Boost Your Confidence &
Change Your Life in **5 Days**

Dr. Kevin Lemman



a division of Baker Publishing Group
Grand Rapids, Michigan

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To protect the privacy of those who have shared their stories with the author, some details and names have been changed.

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How would you like “the new you” delivered? UPS, FedEx? (US mail is available, but at a slightly higher rate.) Or would you like the new you delivered via personal courier? With Kevin Leman, it’s “satisfaction guaranteed!”

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Introduction

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How would you like “the new you” delivered? UPS, FedEx? (US mail is available, but at a slightly higher rate.) Or would you like the new you delivered via personal courier? With Kevin Leman, it’s “satisfaction guaranteed!”

If you could change one thing about yourself, what would it be?

“Well, Dr. Leman,” you’re saying, “I could think of a bunch of things. How on earth could I pick just one?”

Congratulations! You’re the very person I wrote this book for. You see, there’s a reason you picked up this book. You’d like to see a few things—or many—change in your life. You may have tried other ways of helping this change along—asking a friend to hold you accountable, going to see a shrink, writing in a journal, counting to ten before you do the thing that gets you in trouble every time, etc. But have they worked? Nope. Or you would have “fixed yourself” and you wouldn’t need this book.

How many times have you committed to say no to something you know you'll be asked to do . . . then found yourself signing up anyway? How many diets have you gone on in the last five or ten years (or more)? How many times have you lost the same ten pounds? (By modest calculation, then, someone like me has lost over 750 pounds in his lifetime.) How many times have you told yourself, *I'll never say that to my kids*, then not only do you say

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it, but you say it with the same tone your mom or dad used with you? How many times have you felt like a gerbil in a cage, running around and around on that wheel but never really going anywhere, never accomplishing anything?

If you can relate, *Have a New You by Friday* is for you. Thousands of families are finding help in *Have a New Kid by Friday* (there's no better "cure" for kids' unruly, disrespectful behavior than the secrets in that book) and in *Have a New Husband by Friday* (watch marriages—even those destined for divorce courts—transform in just five days). Now, *voilà!* A five-day action plan that will change *your* life.

If you don't want to change your life, put this book back on the shelf now. Otherwise you'll just be adding it to your stack of other self-help books for kindling on a cold evening.

So what does it take from you? The willingness to do a little detective work in figuring out, *Just who am I? What makes me do what I do?*

Did you know that every day you tell yourself lies about who you are? That you act on those lies? That those lies affect how you treat yourself and the kinds of relationships you have with others? Now's the time to nip that lie-telling in the bud and bring the truth to light—for your own sake as well as for those you love.

Will this be easy? No, because we usually want to change other people before we think of changing ourselves. (Why do you think

Have a New Kid by Friday and *Have a New Husband by Friday* have become bestsellers? Ah, now you're getting it. . . .) And somehow it's much more difficult to change ourselves. But nothing good is ever accomplished without a little hard work (or did you miss that class in elementary school?).

Take, for instance, Dr. Evan O'Neill Kane, a former chief surgeon at Summit Hospital in New York City. He knew all about hard work. A pioneer in the medical profession in the late 1800s and the early 1900s, he had seen too many deaths and disabilities caused by general anesthesia. So he was convinced that most operations could and should be done under local anesthesia (where the patient is awake during the entire procedure).

But Dr. Kane had a problem—he didn't have any volunteers for this type of surgery. He spent a long time searching for just the right patient to try out his new procedure, but everyone was nervous (and rightly so) about being a guinea pig.

Finally, a patient volunteered to undergo the operation. On February 15, 1921, Dr. Kane performed this surgery for the first time. He removed the patient's appendix in the operating room. Amazingly, the patient recovered so quickly that he was released from the hospital two days after surgery—an unheard-of event in the early 1900s.¹ It was a milestone success in the medical field.

Why did Dr. Kane succeed? Because he didn't let a few road bumps stop him. Because he believed there was a better way, a safer way, to do surgery, with less risk to the patient. He realized that, with a little bit of pain (local anesthesia versus general anesthesia), the patient would be better off in the long run.

In the same way, there's some pain involved with becoming a new you by Friday. In fact, I was tempted to call this book *Have a New You by Saturday Night* because I know how difficult it is

*Did you know
that every day
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you are? That you
act on those lies?*

to change yourself. It's a little like trying to rub the spots off a leopard with a Brillo pad.

My goal this year is to see the tips of my shoes. I haven't seen them in years. (Of course, my expanding waistline could have something to do with the "little slices" of Marie Callender's pie I find myself sneaking from the refrigerator when my wife isn't looking.) I know how stubborn and set in my ways I am. Change doesn't come easy. Can you relate?

I know how difficult it is to change yourself. My goal this year is to see the tips of my shoes. I haven't seen them in years.

But could the reason it's so hard to change have something to do with the lies we're telling ourselves—*about* ourselves?

Have a New You by Friday will take you to some areas about yourself that might be a little uncomfortable for a bit. But it's the good kind of hurt that will propel you forward rather than keep you stuck in the rut that frustrates you. All of us have things we'd like to change about ourselves. So why not step up to the plate to become the person you want to be? Tell yourself, *This time*

I'm really going to do it. No excuses. No holding back. I want to be different. I want my relationships to be different.

So why not take control of your life now? Instead of your paying a shrink \$225 per session to listen to you whine about your life, I'll walk you through your own personal clinic. You'll come to understand your personality; the secret forces that influence you to say, think, and act as you do; and how you can best accept and give love to improve your relationships. This isn't one of those touchy-feely books that lets you "glow" for an hour about yourself . . . and then the next day you find yourself right back where you were. No, this is the life-changing makeover you'll want to tell all of your friends about (even that cousin you don't like).

So why not put yourself in the driver's seat of having a new you? After all, there's no one who knows you like you. There's no

unnecessary waiting. No endless insurance forms to fill out. No hefty charges on your Visa bill at the end of the month. You're going to walk away with such great stuff that you won't be able to wait for tomorrow to start so you can show off the new you.

Why not live life the way you really want to? Don't let the lies you're telling yourself hold you back. Today's the day. You're in charge of the new you.

I'll teach you how 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.

And all that in just five days.

That's why this book ought to cost \$199.

Then you'd still have \$26 left over in your pocket (instead of going to that \$225 appointment with the shrink) to go out and do something fun to celebrate the emerging new you.

Why not experience that rush of accomplishment you've been waiting for? You can be a better person by Tuesday, have an enlarged perspective by Wednesday, have a new drive by Thursday, and become your own shrink by Friday—all by doing just a few simple things.

*Tell yourself,
This time I'm
really going
to do it. No
excuses. No
holding back.
I want to be
different. I want
my relationships
to be different.*

The Road Map to a New You

On Monday, we'll discover who you really are—and how to use that knowledge to your own best advantage. What kind of personality

do you have? And how do these traits affect you and the ones you love? Why is it that families are rather diverse—with a host of personality differences—even though all the children come from the same mold?

On Tuesday, we'll look at the family you grew up in—and how your place in that “zoo” influenced you more than you might guess. Did you know that a good bit of your life script was written for you based on decisions made by your parents? (That doesn't really sound fair, does it? But I'll show you why it's true. How many kids your parents have, what order they had them in, how they treated you, etc., have everything to do with what makes you “you”—and with the areas in which you succeed and the areas in which you fail.) You can't fully understand yourself without understanding the family dynamics in which you were raised.

*Why not live
life the way you
really want to?*

On Wednesday, we'll uncover the lies you're telling yourself (none of you is immune from those nasty tapes playing in your head), how they impact you, and what you can do about them. Early childhood memories provide the key to unlocking the mystery of why you see things the way you do, why certain things bug you that don't bug others, and why some things comfort you that frighten others. They reveal your unspoken assumptions about the way you think life ought to go . . . and not go.

On Thursday, we'll talk about love. No, not the kind of gushy romance that makes couples all googly-eyed at each other, but the way in which each of us gives love and receives love. Understanding more about the styles of love will smooth potential road bumps and help you succeed in interpersonal connections.

On Friday, you get to be your own shrink, free of charge. I'll show you how to use what you've learned to become the expert on yourself—and to guarantee the new you for a lifetime.

A Little Pain, Great Gain

Remember the story about Dr. Evan O’Neill Kane, who performed that milestone surgery? Well, here’s the kicker: the patient who volunteered for the experimental surgery was Dr. Kane himself! Yes, Dr. Kane actually took out his own appendix on the operating table.² He’s living proof that you can do anything if you try, and that a little pain can bring great gain—for yourself and for your loved ones.

Through *Have a New You by Friday*, you’ll discover your strengths and weaknesses, your biases, and your basic assumptions about life (including how and why they sometimes clash with the assumptions of those you spend time with), and be able to draw your own road map for relational success. After all, if you know who you are, you’ll know how to improve those areas that have held you back. Then there will be nothing to hold you back. You’ll have a newfound determination to live life as you really want to.

I can’t wait to watch you fly.