



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

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Readers of this book will come to accept the truth about themselves, boost their confidence by identifying the lies they're telling themselves, and change their lives by concentrating on becoming who they really want to be.

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

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DJohnson says

Did I have a new me by Friday? No. (I wasn't expecting to.) This book has interesting information about birth-order and how it relates to personality. Nothing life changing. Easy read.

I thought the author came across as incredibly smug. He had the nerve to brag about tearing up a host's notes during a TV interview. Because, you know, he's a last-born and just wanted to have a little fun! (I'm sure it was fun for HIM, not so much for the interviewer.) He lost a lot of credibility with me after that.

Kristie J. says

There are basically five topics in this book, arranged by days of the week:

Monday - discover your personality,

Tuesday - the effect of your birth order on your personality,

Wednesday - how your early childhood memories are a clue to your "rule book," i.e. why you see things they way you do,

Thursday - discover your love language, and

Friday - putting everything together and moving forward.

The first four topics are elaborated in other books and this book just summarizes them. My favorite topics were the four personalities (he uses dogs to illustrate them: Yorkie, Great Dane, Standard Poodle, and Irish Setter) and the effect of birth order. I had never heard these concepts before and they make a lot of sense. It is fascinating how much of an effect your birth order can have on your life. It's helping me understand myself and others better and why we act the way we do. I found the author and the stories of his childish antics a bit annoying, but after reading the book, I now know why! I'm a firstborn Standard Poodle and he's a lastborn Yorkie. I also disliked the way the author kept selling the new-you-by-Friday concept throughout the book. I felt it wasn't necessary. I'm planning to read another one of his books *Why Your Best is Good Enough* because he recommends it for firstborns with critical parents who are now "defeated perfectionists." Overall, a book definitely worth reading with valuable concepts that can change the way you look at your life.

Susan says

Much of a self-help book's success for me, and I suspect for others, is about timing. This little book helped me have a major 'Aha!' moment that other self-help books, therapists, and years of self-exploration did not. Could I have had this experience if I had picked up the book at another time in my life? I don't know, but given the easy to follow exercises, I like to think I would have at least learned something. I suppose I should also say self-help books are a 50/50 deal - you have to give some time and effort to get something in return. That said, given that this book is relatively short and easy to follow, I would recommend it for anyone

seeking to know themselves better.

Lorenzo Huang says

Interesting book related to many proved psychological theory, the only downside is that the author overpromised the efficacy of this book and how you can drastically change yourself in just 5 days which, in my personal opinion, is not possible. But overall, the book gives new glances on new perspectives which shows us how complex is the human psychology and how putting together many small steps can lead to a big change in our lifestyle.

Tracy says

I'm a huge Kevin Leman fan and have read many of his books. Which is why I was a bit disappointed with this one. Only because it seemed to be a collection of recycled material from his other books with a little of Gary Smalley's Five Love Languages thrown in. Nothing really new here. However, it is still great stuff and inspirational to anyone looking to make a change in their life. I especially liked the section on early childhood memories- helpful without being hokie. If you've never read a Leman book before then this would be a great one to start with. He possesses a straightforward, light-hearted writing style that's a joy to read. If you have read a Leman book before then it's really a refresher course.

Orsayor says

I bought this book from Dollar Tree a few years back and it has been sitting on my shelf just collecting dust. This was an okay read. I will probably donate this copy.

Jill says

I haven't listened to or read any of Dr. Leman's other books so this material was all new to me, though I was casually familiar with the birth order concept and the principles of the five love languages. Nevertheless, many recent changes had conflict happening too regularly for me to keep on keeping on. Since I can't change anyone but myself, I thought I'd see what I could learn and act on here.

I started listening to this audiobook two years ago but left off after the first few chapters for the thrill of other audiobooks and because my kids were too young to care for this to be a family read. Last week I opened it again and listened in the car as I drove my kids around to their activities. When it finished I was ready to pick another book, feeling like I'd learned some new perspectives about myself and others. Nope. My kids all asked to immediately start it over from the beginning, and later another child asked to listen to it on their own before bedtime. I guess figuring out some basics about how you and people around you operate is not just something for befuddled adults.

I appreciated the repeated tone of encouragement and delivery of hard facts with humor and solidarity. We

are none of us flawless. But there is hope for us to operate with greater happiness within our sphere of we can be honest and do the work.

He stated strongly that those who have been abused need more than this book and should close it and get the professional help and healing they need.

Good information, practically delivered, actionable, and delightfully unpretentious.

Julie Cordova says

Every January I like to read 1 or more self-improvement books. This one was OK. Not one I would recommend as a must read but I did get something from it that has stayed with me. The Language of Love...I do believe it is good insight on having fulfilling relationships. Do you know how your loved ones know they are loved? Everyone has their own way of knowing love. For some, they need to hear you say it, often and in different ways. For others, they need to be touched appropriately, you hold their hand or hug them daily. For some they need gifts, big or small, purchased or made - but presented as a gift especially for them. Some people need someone to do little things for them like pump their gas or make them their favorite thing for dinner to feel loved. Taking time to learn what your loved ones need is definitely something everyone can do to make substantial positive changes in their lives.

Jan says

lthough I had read and enjoyed books by Dr. Kevin Leman before, this one made the top of my list of titles to recommend by this well known psychologist, humorist, and worldwide known speaker.

I also have read lots of “makeover” books but this one hit the nail on the head for a short, concise look at oneself. Being over 70, I thought, maybe I didn't have issues to address but I was wrong, this book has something to say to everyone, no matter the age, marital status or health condition. He started the book with a short survey and that if one of the topics resonates it is for you, and then promises that this book will scratch where you itch.

Dr. Leman promises that you will be able to Accept yourself, Boost your confidence & Change your life in 5 days. On Monday, he had you discover your personality type, in a very humorous way. All of us match the personality of a breed of dog, a Yorkie, Great Dane, Standard Poodle and Irish Setter. The examples were fun and you could quickly pick yourself out. Then on Tuesday he continued the conversation by your Birth Order in your family. You may have recognized Dr. Leman as the author of many books on this subject alone. The pages have little post a note saying and important points at excellent locations to spur you on. He has tons of stories and examples that are interesting and illustrate his points right on. He follows this with an ! Chapter of Classics examples of famous people like Oprah, Jim Carrey, David Letterman and others to illustrate his points in a fun way.

Wednesday, Dr. Leman has us check out the Lies who have told ourselves with our memories, correct or not. There are some general memories each birth order person will have. I am a first born and sure enough I have a memory of depth, movement and height. I was amazed and intrigued. The rules your parents instilled in you, believe it or not can be changed, if you examine them and work through them.

Dr. Leman admits change is not easy but you are half way there in rediscovering yourself. Thursday we

discover your Love Language, this is important whether you are single or married. How you accept gifts, find words of affirmation and view quality time are just examples. By now you have been on a short trip without the \$225 session with a professional shrink and it is time to give yourself a break and lighten up. Dr. Leman uses Steve Martin and I love Lucy examples to show us how we might do this, and shows you how to set a new goal and weather the setbacks, all done in a funny, fun loving not preachy way. This book is just perfect for a "Total Makeover" I loved the book..

Bea says

Kevin Leman helpfully reminds you of things you already know. Gives specifics about reaching goals. Really wants you to dig into your past and drag up early memories.

The idea behind exploring your childhood memories seems to be this: Since your mind remembers everything to which it is exposed, what you choose to bring to your conscious mind is an indication of how you currently view the world. If your earliest memory is being out on the porch, alone, and locked out of the house, your current view of yourself as an alone and lonely figure could play into the rule book you make for yourself. For instance, if your early memory includes being left out, you can explore what correlation that has to your current ideas. It will help explain why you currently do what you do.

By day five, or Friday, you begin your new goals anew. The examples Leman gives include loosing weight, lowering blood pressure, etc. Leman says he needed to lower his blood pressure by not being tempted by the fast food restaurants on the way home. To he placed his blood pressure numbers on his dashboard to remind him of his goal, then he goes home and eats cereal.

Florence Millo says

It was OK. The most interesting part was the way he compared personality traits to various dog breeds. I came out an Irish Setter (just wants everyone to be happy) and a Standard Poodle (wants everything done correctly). But as for having a new me by Friday, well, I'm pretty well satisfied with the old Monday me.

Claudia Loureiro says

A lot of the focus of this book involves the examination of personality: there are lots of good advice here. Something for everyone. In one of the sections he compares people to great Danes or poodles etc. I don't have a problem with describing people in this way because it helps to be able to build a picture. Another area he explores is in the Thursday section: "The 5 Love Languages". You cannot prove your love with gifts or deeds if your partner requires your time and your support for example. The author explains how he works with people in relationship difficulties and describes who they should have been looking for. The majority of the book describes birth order and not just what traits people display but why they had to choose to be that way. What it did for me was to help me to better understand the choices people make and be more forgiving and understanding. If you are trying to work out why you do certain things I think you could find plenty of interest here. The book is easy reading if you like the fact of the author being a barely

contained naughty boy at heart who manages to control his impulses most of the time. I recommend that everyone read this book to truly understand why you are the way you are.

Richard says

This is a good general book for getting started. The ideas presented are going to be very familiar to anyone who is familiar with self help books. From that perspective, the adage, "get back to the basics" is a good one to apply to this book. There is nothing earth shattering, but it is a good read, and foundation for self help.

The tools used for identifying traits are a little odd, and initially stated as the only options, and then turned around not too long later saying any person may be a blend. I found the information useful for categorizing what areas I may fall in, but for me it ended up being more weighting... I'm more this than that, rather than, that is my bucket.

All in all, a good read, and worth the relatively short time the book takes. If you are starting in self help, this is a good foundation.

Lynnea says

Some great ideas and points in this book. However, it was like the Cliff-notes version of the Five Love Languages and Leman's Birth Order book with a few other things thrown in.

Justin Hill says

It's now the following Tuesday and I'm still roughly the same me.
