



When Your Best Isn't Good Enough: The Secret of Measuring Up

Dr. Kevin Leman

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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?

Then you might have "the critical eye." With the positive, no-nonsense strategies offered in *When Your Best Isn't Good Enough*, you will find practical ways to raise low self-perception and overcome feelings of rejection and inadequacy.

Writing in his warm and direct style, Dr. Kevin Leman shows you how to value your talents and gifts and accept your shortcomings. He shows how the way we develop as a child determines our degree of success or failure as an adult and explains how, regardless of the past, each person 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 is an internationally known psychologist, humorist, and bestselling author. He is former consulting psychologist for Good Morning America and a frequent guest for The View, Today, and Focus on the Family. He and his wife, Sande, live in Tucson, Arizona. They have five children and two grandchildren.

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