



Be Your Own Shrink

Dr. Kevin Leman

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"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!

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