



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

Dr. Kevin Leman

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Some people feel they don't measure up to anyone's expectations. As a result, they tend to procrastinate, set unrealistic goals, or continually try to please others. With the positive, no-nonsense strategies offered in *When Your Best Isn't Good Enough*, readers can raise their low self-perception and overcome these feelings of rejection and inadequacy.

Writing in his well-known, upbeat style, Dr. Kevin Leman helps those who struggle with self-doubt to value their talents and gifts and accept their shortcomings. He points out why the lifestyle we develop as a child determines our degree of success or failure and explains how, regardless of the past, each person can develop a healthy lifestyle today. Dr. Leman also shows readers how to apply these same principles in raising children with healthy self-esteem.

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