



Why Your Best is Good Enough

Dr. Kevin Leman

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Why Your Best is Good Enough Dr. Kevin Leman

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.

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