



**n Nuwe jy teen Vrydag (eBoek): Hoe om: jouself te
aanvaar, jou selfvertroue 'n hupstoot te gee, jou
lewe te verander in 5 dae (Afrikaans Edition)**

Kevin Leman

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Lewensveranderende besluite is meestal die moeilikste om deur te voer. Dr. Kevin Leman maak hierdie taak makliker met sy praktiese benadering, professionele opleiding as sielkundige en skerp humorsin.

In 'N NUWE JY TEEN VRYDAG gee dr. Kevin Leman die volgende 5 dag-aksieplan wat jou sal help om jousef, jou sterk en swak punte en jou moontlikhede te verstaan:

- Maandag bespreek hy temperamente.
- Dinsdag gaan oor geboorte-orde.
- Woensdag fokus hy op die leuens wat ons vir onself vertel en hoe om dit te oorkom.
- Donderdag kyk dr. Leman kortliks na die Vyf tale van die liefde soos bekendgestel deur dr. Gary Chapman.
- Vrydag wys dr. Leman hoe 'n mens as't ware jou eie berader kan wees.

Elke hoofstuk sluit af met 'n paar doelwitte en wenke hoe om dit te bereik.

'N NUWE JY TEEN VRYDAG sal jou help om die waarheid oor jousef te ontdek, jou meer selfvertroue gee, en jou lewe verander sodat jy fokus op wie jy graag wil wees – in net 5 dae!

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