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Have a New Teenager by Friday Kevin Leman 2011-09-01 Popular psychologist and bestselling author Dr. Kevin Leman shows parents how to establish boundaries, gain respect, and turn problem behaviors around with their teenager in five days.

The Real You Kevin Leman 2003 Describing how a personality is shaped by birth order, personality types, childhood memories, and "love languages," a guide to self-improvement discusses how to develop positive habits, overcome common obstacles, and achieve personal goals. Reprint.

Die Mäuse-Strategie für Manager Spencer Johnson 2015-12-21 Dieses Buch macht Karriere — der Weltbestseller in neuer Ausstattung Die Lektüre der »Mäusestrategie für Manager« hat das Leben von Millionen Menschen verändert. US-Erfolgsautor Spencer Johnson zeigt darin in einfachen und einprägsamen Bildern, wie man Veränderungen im Leben erfolgreich begegnet und sie sogar als Chance begreift. Die Parabel von den Mäusen und ihrer Suche nach dem Käse lehrt, mutig und gelassen auf Veränderungen zu reagieren. »Spencer Johnsons Fabel bringt den Leser dazu, Bedenken und Ängste beiseitezuschieben und sich mit mehr Zuversicht und Mut an Neues zu wagen.« Rolf Dobelli

Planet Middle School Dr. Kevin Leman 2015-09-29 It happens to every parent. One day, you have a sweet son or daughter who loves to snuggle on the couch and who puts a smile on your face just by walking into the room. The next day, it's as if someone left the door open and let in an alien with a smart mouth and an attitude that, frankly, you could do without. Entering middle school is like stepping onto a different planet--for parent and child alike. It's a planet where peer pressure, social media, and hormones can wreak havoc in your child's life and in your relationship with him or her. But these years don't have to create chaos in your family. Parenting expert and New York Times bestselling author Dr. Kevin Leman's time-tested principles will aid parents in helping their middle schooler not only survive but thrive during these turbulent years on Planet Middle School. He shows parents how to - understand their child's rapidly expanding world - respond rather than react to emotional swings - tell their child about sex (before someone else tells them their version) - create opportunities for their child to practice selflessness and gratitude - ensure that their kid is one who loves home and family Middle schoolers can be a weird, unpredictable species. But with a little help from Dr. Leman, parents will be able to ride out the interstellar storm with humor and confidence.

Stopping Stress before It Stops You Dr. Kevin Leman 2011-04-01 Dr. Kevin Leman has seen scores of women who are overcome by stress. With humor, insight, and practical solutions, this bestselling author helps women manage the stress points in their lives: kids, career, husband, housework, money, and crammed schedules. Women will find out how to begin enjoying a more serene lifestyle by making stress work for them.

Have a New Kid by Friday Kevin Leman, Dr. 2013-06-01 Outlines quick-results strategies for regaining parental control while correcting unfavorable behavior in young people, in a guide that outlines a five-day program that addresses a range of specific rebellious activities, from acting disrespectfully to fighting with siblings.

Have a Happy Family by Friday Dr. Kevin Leman 2014-08-26 Every member of a family plays a vital role in the health and happiness of the household. Everyone is important, deserves to be treated with love and respect, and needs to know that when they make mistakes they will still be loved unconditionally. And when every member of the family is pulling for each other and on the same team, everybody wins. But is this kind of family life even possible? Parenting expert Dr. Kevin Leman says it is, and he's ready to show moms and dads exactly how they can make it happen in their family--in just five days. He shows families how to · communicate honestly and kindly · prioritize the right things · maintain great attitudes and behaviors · determine the role they play in the family structure · make family time count As always, Dr. Leman's outstanding advice is laced with humor, great stories, and the wisdom that comes only from a lifetime of experience. For parents who've had it up to here with bickering, hurt feelings, and emotional exhaustion, Have a Happy Family by Friday is just what the doctor ordered.

When Your Kid Is Hurting Dr. Kevin Leman 2018-09-04 Children today live in an unpredictable, disruptive, and often violent world. Many of them live in two different homes with different sets of expectations. They face bullying at school and online. They hear news of school shootings, and racially or religiously motivated violence. They may have lost a friend or a loved one. As parents, the impulse to protect our children is strong, but that very protection can end up handicapping them for life. Rather than seek to save them from the hard things, parents must teach their kids how to cope with and rise above their problems. In one of his most important books to date, internationally known psychologist and bestselling author Dr. Kevin Leman shows parents how to - be good listeners - tell the truth, even when it's difficult - find balance between being protective and being overprotective - approach hurt and injustice as a learning experience rather than fostering a victim mentality - and much more Whether your child is dealing with a difficult family situation, bullies, the loss of friends, the death of a loved one, discrimination, abuse, a teen pregnancy, or even just trying to make sense of what they see in the news, this compassionate and practical book will help parents equip them to process, learn from, and rise above their situation.

Have a New Sex Life by Friday Dr. Kevin Leman 2017-01-17 Given enough time, stress, and kids, even the most satisfying sex life can turn ho-hum. Before long, you find that your conversations center on taking the garbage out, you only make love with the lights off, and experimenting in the bedroom means changing the color of the duvet. Dr. Kevin Leman throws bored and frustrated couples an intimacy lifeline. In just one week, couples will learn - why women need sex (and what stops them from wanting it) - why men want sex (and why what's important to her is important to him too) - how to reclaim space just for the two of them - how to communicate better for a more intimate connection - how to spice things up in the bedroom - and more Dr. Leman's candid advice comes with a guarantee that with just a little attention to these doable strategies, husbands and wives can experience the kind of exciting intimacy they long for--not only by Friday, but throughout their entire marriage. Includes a bonus section of questions and answers on how couples can improve their sexual communication.

Eltern - Hirten der Herzen Tedd Tripp 2002

My Only Child, There's No One Like You Dr. Kevin Leman 2005-09-01 Nationally-known birth-order expert Dr. Kevin Leman knows that every child has unique traits that should be celebrated. If you are an only child, you probably exhibit traits like organization, self confidence, and ambition. With this creative and heartwarming book, Dr. Kevin Leman and his artist son, Kevin Leman II, conclude their popular birth-order series for children. Written specifically for the only child and similar in style to the first three books in the series, My Only Child, There's No One Like You uses birth-order principles to convey love and acceptance to children. The combination of Dr. Leman's trademark humor and Kevin Leman II's colorful and imaginative artwork makes this book a wonderful gift that can be enjoyed by parents and children, as well as the adult only child.

When Your Best Isn't Good Enough Dr. Kevin Leman 2007-07-01 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.

My Grandchild, There's No One Like You Dr. Kevin Leman 2008-09-01 Every child is special. And every child deserves to be recognized for what makes him or her unique. Now grandfather and bestselling author, Dr. Kevin Leman, and his artist son, Kevin Leman II, offer grandparents the perfect way to tell their grandchild just how wonderful he or she is. A read-to-me children's picture book, My Grandchild, There's No One Like You conveys love, acceptance, and a sense of individuality to grandchildren. The combination of Dr. Kevin Leman's trademark humor and his talented son's artwork makes this book such a wonderful gift, grandparents will want to buy one for each of their very special grandchildren.

Have a New Kid by Friday Dr. Kevin Leman 2008-03-01 Anyone who has dealt with a strong-willed child knows that it is no easy task to turn bad behavior around. But the popularity of TV programs like Supernanny and Nanny 911 shows that

parents have had it up to here and are ready to try anything to get their children to behave. Bestselling author and psychologist Dr. Kevin Leman is here to help. Have a New Kid by Friday shows parents how to reverse negative behavior in their children--fast! With his signature wit and encouragement, Dr. Leman offers hope and real, practical, doable strategies for regaining control and becoming the parents they always wanted to be. Focusing on changing a child's attitude, behavior, and character, it contains chapters for each day of the week and a special section with advice on everything from rolling eyes to sibling rivalry to talking back to punching walls and much, much more. This large section of more than 100 specific topics is indexed, allowing parents to flip immediately to any areas of concern for witty, straightforward, and gutsy plans of action.

The Way of the Wise Dr. Kevin Leman 2013-02-01 Do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity. Let love and faithfulness never leave you." These and other seemingly simple lessons were hard-won for a hardheaded young man who was more "wise guy" than "wise" early in life. Now, internationally known psychologist and New York Times bestselling author Dr. Kevin Leman shares the biblical wisdom that has shaped him into the successful, joy-filled person he is today. With his trademark wit and humorous stories from his personal life, Dr. Leman shows readers how to jump-start or revitalize their lives both spiritually and practically with words from one of the wisest men of all time. (Hint: It's not him.) Dr. Leman offers hope, courage, and a fresh perspective on living a great life, all in a compact, readable package. This lively and inspiring book makes the perfect gift for professionals, graduates, and anyone who could benefit from simple truths for living well.

Vom gleichen Blut Octavia E. Butler 1983

Making Children Mind Without Losing Yours Leader Guide Dr Kevin Leman 2005-08-01 The leader will benefit by having Dr. Leman's personal insights into key principles and applications along with tips for motivating participants to think for themselves, then share with the group. Using this handy guide, the leader can lead Running the Rapids with complete confidence.

Education a la Carte Dr. Kevin Leman 2017-09-05 Every parent wants the best possible education for their child--one that fits their child's unique needs, challenges them to grow, and equips them to succeed. But there are so many options--public, private, and charter schools, plus homeschooling and online schooling--that it's easy for parents to feel overwhelmed and, well, undereducated about the choices. What's more, while one schooling option may be right for one child, it may be challenging for another. And sometimes the same child will thrive in one environment in elementary school but falter in that same environment in middle school. What's a parent to do? Parenting expert and longtime educator Dr. Kevin Leman can help. In this practical book, he clearly explains the pros and cons of various schooling options so that parents can make an informed choice about the kind of education that will help their child thrive. He shows parents how to stay involved and engaged with their child's education every step of the way, knowing that the choices they make about school now will reverberate long into that child's future.

Born to Win Kevin Leman 2009-10-01 Bestselling author, humorist, and internationally known psychologist Dr. Leman helps firstborns understand their natural advantages for the highest level of personal success at home, school, work, and in relationships.

Parenting Your Powerful Child Dr. Kevin Leman 2013-09-01 Powerful kids don't just happen. They're created. Whether loud and temperamental, quiet and sensitive, or stubborn and manipulative, powerful children can make living with them a challenge. But it doesn't have to be that way. All children need to face the realities of life, and the best place for them to do so is in the safe place of their home. For all the parents out there at their wits' end, New York Times bestselling author Dr. Kevin Leman offers a fail-safe action plan for redirecting power surges into positive traits that will prepare the powerful child for a successful, happy, productive adult life. Parents will learn how powerful children are created, what makes them tick, what makes them explode, and what they can do to change the power plays . . . for the good of the entire family. All it takes is determination, persistence, willpower, and advice that works--guaranteed.

My Adopted Child, There's No One Like You Dr. Kevin Leman 2007-10-01 Every child is special. And every child deserves to be recognized for what makes him or her unique. Now birth order guru, Dr. Kevin Leman, and his artist son, Kevin Leman II, offer parents the perfect way to tell their adopted child just how wonderful he or she is. A read-to-me children's picture book, My Adopted Child, There's No One Like You conveys love, acceptance, and a sense of individuality to adopted children. The combination of Dr. Kevin Leman's trademark humor and his talented son's artwork makes this book a wonderful gift.

Verändere dein Bewusstsein Michael Pollan 2019-01-30 Verändere dein Bewusstsein ist die faszinierende Erkundung der neuen Forschung zu Psychedelika wie LSD und Psilocybin, in der die »neurale Korrelation« von mystischer und spiritueller Erfahrung und die Mechanismen von weit verbreiteten mentalen Krankheiten wie Depression, Sucht und Obsessionen untersucht werden. Und ein großartiger Reisebericht von der Geschichte und der Wirkung psychedelischer Substanzen. In den 50er und 60er Jahren wurden psychedelische Substanzen von Psychiatern als Wundermittel betrachtet, mit denen man psychische Erkrankungen beeinflussen und behandeln konnte. Als aber LSD und Psilocybin »aus dem Labor entkamen« und von der Gegenkultur vereinnahmt wurden, lösten sie moralische Panik und einen backlash aus. Das führte Anfang der 70er Jahre dazu, dass Psychedelika verboten wurden und die Forschung eingestellt wurde. Seit zehn Jahren wird dank engagierter Wissenschaftler, Aktivisten und Psychonauten wieder geforscht. Diese Forschung verändert unser Verständnis der Zusammenhänge zwischen dem Gehirn und dem Bewusstsein. Wissenschaftler beginnen, die »neurale Korrelation« von mystischer und spiritueller Erfahrung zu identifizieren und die Mechanismen, die bei so weit verbreiteten mentalen Erkrankungen wie Depressionen, Angstneurosen, Sucht und Obsessionen, aber auch bei ganz gewöhnlichem Unglücklichsein wirksam sind, besser zu verstehen. Michael Pollan erkundet diese aufregende Thematik auf zwei sich überkreuzenden Wegen, zum einen journalistisch und historisch, zum anderen persönlich. Durch das Vertiefen in wissenschaftliche Erkenntnis und in die Erfahrung veränderter Zustände des Bewusstseins gelingt es ihm, unser Verständnis von Geist und Selbst und unserem Platz in der Welt neu auszuloten.

Geschwisterkonstellationen Dr. Kevin Leman 2020-03-15 Ob man als erstes oder zweites Kind oder als Nesthäkchen geboren wird, hat weitreichende Auswirkungen auf die Persönlichkeitsentwicklung. Sei es die Berufswahl, die Beziehung zum Partner oder auch der Umgang mit den eigenen Kindern: Jeder Aspekt des Lebens wird entscheidend durch die Familienkonstellation geprägt. Der Psychologe Kevin Leman erklärt die typischen Merkmale der jeweiligen Geschwisterreihe und hilft dabei, die verschiedenen Beziehungsformen zwischen Geschwistern zu erkennen und mehr Verständnis füreinander aufzubringen, um ein Leben im Einklang mit sich und seiner Familie führen zu können.

Why Your Best Is Good Enough Kevin Leman 2010-03-01 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.

Turn Up the Heat Kevin Leman 2009 Dr. Leman believes that one of God's greatest gifts is the pleasure and privilege of sex within marriage. But he also knows that even married people have lots of questions about sex. With his trademark humor and wit, he offers frank answers to their burning questions.

My Firstborn, There's No One Like You Dr. Kevin Leman 2004-09-01 Every child is special. And every child deserves to be recognized for what makes him or her unique. Now birth order guru, Dr. Kevin Leman, and his artist son, Kevin Leman II, offer parents the perfect way to tell each of their children just how wonderful they are. The first in a series of four read-to-me children's picture books, My Firstborn, There's No One Like You uses the principles of birth order to convey love, acceptance, and a sense of individuality to children. The combination of Dr. Kevin Leman's trademark humor and his talented son's artwork makes this book a wonderful gift.

A Powerful Secret Dr. Kevin Leman 2016-03-01 Sean Worthington is shocked when he hears his older brother Will announce that he will not run for New York's Senate seat. In fact, he's angry. All of his efforts as Will's campaign manager are now for nothing--and Sean is left to handle questions from the press while Will walks away without a backward glance. Throughout his life, Sean has felt like an outsider in his own family. And not being told about his brother's plans is just one more piece of evidence that he's right. Tired of being the odd one out, Sean is determined to forge his own path. Little does he know that it's not easy to escape your family--especially when a powerful secret from the past threatens to explode everything Sean ever believed. Bestselling author, psychologist, and birth order expert Dr. Kevin Leman and novelist and journalist Jeff Nesbit are back with another intrigue-filled look inside the influential Worthington family.

Die 1%-Methode – Minimale Veränderung, maximale Wirkung James Clear 2020-04-21 Das Geheimnis des Erfolgs: »Die 1%-Methode«. Sie liefert das nötige Handwerkszeug, mit dem Sie jedes Ziel erreichen. James Clear, erfolgreicher Coach und einer der führenden Experten für Gewohnheitsbildung, zeigt praktische Strategien, mit denen Sie jeden Tag etwas besser werden bei dem, was Sie sich vornehmen. Seine Methode greift auf Erkenntnisse aus Biologie, Psychologie und Neurowissenschaften zurück und funktioniert in allen Lebensbereichen. Ganz egal, was Sie erreichen möchten – ob sportliche Höchstleistungen, berufliche Meilensteine oder persönliche Ziele wie mit dem Rauchen aufzuhören –, mit diesem Buch schaffen Sie es ganz sicher.

Smart Women Know When to Say No Dr. Kevin Leman 2010-12-01 Many women try too hard to be nice. It's a way of life for many who live in a culture that expects them to be the ones who "keep everyone happy." But what happens when keeping everyone else happy drains your own happiness? This book by bestselling author Dr. Kevin Leman shows how women who find themselves manipulated by impassivity, guilt, or abusive behavior can learn to assert themselves while maintaining their "pleasing" personalities.

Have a New Kid By Friday Participant's Guide Dr. Kevin Leman 2013-06-01 The book that took the parenting world by storm is now available as a DVD curriculum! Anyone who has dealt with parenting problems knows that it is no easy task to turn bad behavior around. Bestselling author and psychologist Dr. Kevin Leman is here to help parents, whether in a small group setting or at home, reverse negative behavior in their children--fast! With his signature wit and encouragement, Dr. Leman offers parents hope and practical, doable strategies for regaining control and becoming the parents they always wanted to be. In six sessions, he leads participants through the key concepts from the book--and

keeps them laughing even as they learn how to change their family life for the better. Parents will be won over by Dr. Leman's keen insight into the family and will feel renewed in their commitment to raise great kids.

Making Children Mind Without Losing Yours Video Curriculum Kit Darrell Robinson 2000-08 Six 25-minute lessons on videotape DVD of entire series Participant workbook Facilitator guide Audiocassette kit of all lessons Promotion kit of color posters, ads and clip art Instruction guide for planning and implementing the study 10 minute PREVIEW of all six lesson

Be Your Own Shrink Kevin Leman 2006 Best-selling author Dr. Kevin Leman describes four personality indicators to help readers identify their strengths and weaknesses so they can build on who they are and become their personal best.

Women Who Try Too Hard Kevin Leman 1998-04-01 Are you trying to make things better for others at your own expense? Learn how to say no and break the habit of pleasing everybody but yourself.

Making Children Mind Without Losing Yours Kevin Leman 2000 Updated for a new generation of parents, this parenting guide explains the "Seven Principles of Reality Discipline", offering advice on how to deal with finicky eaters, sibling rivalry, allowances, curfews, and much more. Original.

The Birth Order Book Kevin Leman 2009-10-01 Arguing that birth order plays a powerful role in shaping one's beliefs, careers, and choice of marital partner, explains how to tap birth-order insights to understand personal tendencies and overcome self-limiting obstacles.

My Youngest, There's No One Like You Dr. Kevin Leman 2005-02-01 Every child is special. And every child deserves to be recognized for what makes him or her unique. In these creative and heartwarming books, birth order guru, Dr. Kevin Leman, and his artist son, Kevin Leman II, follow up on their new birth order series for children. Following My Firstborn, There's No One Like You, these next two books in the series continue using birth order principles to convey love, acceptance, and a sense of individuality to the middle and youngest child in the family. These books will be enjoyed by parents and children, alike.

Have a New You by Friday Dr. Kevin Leman 2010-09-01 How many times have we tried to change our own habits, only to find that changing ourselves is even harder than trying to change someone else? Now, what the bestselling Have a New Kid by Friday has done for families and Have a New Husband by Friday has done for couples, Have a New You by Friday will do for individuals. With his signature wit and commonsense psychology, Dr. Kevin Leman will walk readers through their own personal five-day action plan. Readers will come to -accept the truth about themselves -boost their confidence by identifying the lies they're telling themselves--and putting them to rest for good -change their lives by concentrating on becoming who they really want to be Based on content from The Real You, Have a New You by Friday is the way to a happier, more fulfilling life.

What a Difference a Mom Makes Dr. Kevin Leman 2012-09-01 Every mom wants the best for her son. She wants him to succeed in life, to be a man of character, to find a good woman, to be a great dad. But sometimes boys are hard for moms to understand. Sometimes they're strange, annoying, and downright disgusting! Yet always they need a mother who is engaged and interested in them, because a mom is the most important person in a boy's life. In What a Difference a Mom Makes, New York Times bestselling author Dr. Kevin Leman uses his wit and wisdom to show Mom how to lay the groundwork that will allow her son to grow into a good man. Armed with Dr. Leman's expert advice and insight, Mom will gain an understanding of her boy at every stage, from that very first diaper change to the moment he leaves for college. Dr. Leman shows how to discipline a boy, how to command respect, how to let him fight his own battles, how to understand his sexuality, and how to weather the changes in the mother-son relationship as he grows up. Most of all, Leman shows Mom how to lighten up and have some fun along the way with that boy who will always have her heart.

Have a New Husband by Friday Dr. Kevin Leman 2009-09-15 Have a new husband by Friday? Is that even possible? Dr. Kevin Leman says it is. The New York Times bestselling author and self-help guru shows even the most frustrated wife how she can have a new husband by Friday. Leman reminds any wife that if what she's doing to get better behavior out of her husband isn't working now, it never will. So it's time for a change. That means it's time to change her own patterns of behavior. Here's how Leman suggests she handle it day to day: Monday: Secrets Revealed: Cracking the Male Code Yes, you're different species, but you can work together in harmony. Tuesday: Creatures from Another Planet . . . or Creatures of Habit? To understand men, you have to track 'em to their den. Wednesday: Think about What You Want to Say, Then Divide It by Ten How to talk so your guy will really listen . . . and listen so your guy will really talk. Thursday: Think of Him as a Seal Waiting for a Three-Pound Fish Why making love to your man is a key to who he is and how satisfied he'll be, and what's in it for you. Friday: It Takes a Real Woman to Make a Man Feel like a Real Man How to open your man's heart, revolutionize your love life, and turn him into the knight you've always dreamed of.

Sex beginnt in der Küche Kevin Leman 2003