



What Your Childhood Memories Say about You . . . and What You Can Do about It

Kevin Leman

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What are your earliest childhood memories? Were you afraid of the dark? Can you remember a particularly embarrassing moment? Those memories—along with the words and emotions you use to describe them—hold the key to understanding the person you are today! Drawing on examples from his own life, the lives of celebrities, as well as case studies from his private practice, renowned psychologist Dr. Kevin Leman helps you apply these same techniques to uncover why you are the way you are. Remember, “The little boy or girl you once were, you still are!” So unlock that memory bank—pick a memory, any memory—and discover what makes you tick!

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