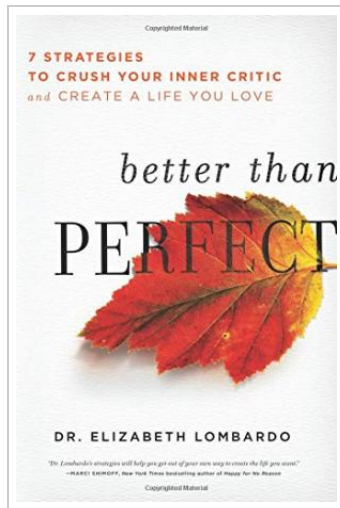




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Better than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love (Paperback)

By Elizabeth Lombardo

Seal Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Perfectionists exist in every walk of life. While outwardly they appear to be very accomplished, they are often unhappy and unfulfilled. Perfectionists strive toward unattainable goals, and their behaviours can wreak havoc on both their physical health and their psychological well-being. Timely and transformative, Better than Perfect by Dr. Elizabeth Lombardo offers step-by-step instructions for perfectionists to find balance and freedom. The book defines perfectionism in easy-to-understand terms, offers simple assessment tools, and shares case studies of Lombardo's patients to highlight the condition. Also included are practical exercises and suggestions for behavioural changes, including seven ways to overcome perfectionism that range from choosing passion over perfection to remembering you're more than what you do. With the ultimate goal of helping readers achieve happiness and prosperity without the stress of making sure things are perfect, Better than Perfect is a fundamental guide for all perfectionists seeking new, fulfilled, and empowered lives.



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Reviews

Extensive guideline! Its this sort of very good go through. I have got read and i am confident that i will gonna read through once more once more in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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