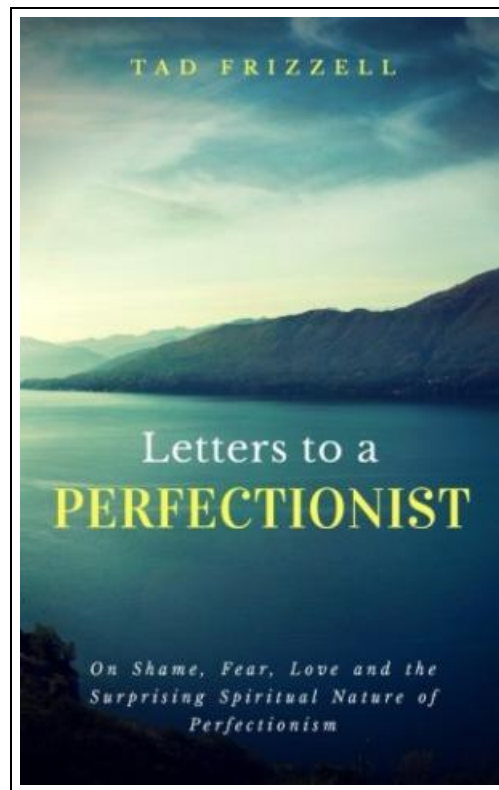


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Reviews

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Lucky Jack Productions LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is perfectionism, and the shame of never being or doing enough, running your life? Are you beating yourself up for being less than perfect? It's time to take our understanding of perfectionism to an entirely new level. Over the course of 22 letters the author guides the reader on a journey of self-discovery, sharing his experience and offering a holistic solution to the pain of perfectionism. Find out how to replace shame with love as the primary motivating force for your life. Is perfectionism, and the shame of never being or doing enough, running your life? Are you beating yourself up for being less than perfect? It's time to take our understanding of perfectionism to an entirely new level. That's what **Letters to a Perfectionist: On Shame, Fear, Love, and the Surprising Spiritual Nature of Perfectionism** is all about. Author Tad Frizzell took the perfectionistic tendencies which began to drive him in the early years of childhood and applied them to every aspect of his life. He didn't realize how much it would cost him. The crisis of burnout which ensued after 16 years in a monastery driving himself to this elusive perfection raised the stakes to the level of life or death. This book is a product of one man's deep exploration of the self, and what it means to refuse to love and accept yourself in a state of imperfection. There's a revolution happening in the understanding of perfectionism. At its worst, it's not just a way of thinking or a way of achieving more. It's a way of being in the world. Perfectionism is a spiritual problem which transcends religious creeds...



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