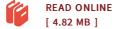




Performance Addiction: The Dangerous New Syndrome and How to Stop It from Ruining Your Life

By Arthur P Ciaramicoli

Wiley. Paperback. Book Condition: New. Paperback. 252 pages. Dimensions: 9.2in. x 6.1in. x 0.6in.The best book lve seen on how we can stop sabotaging our need for balance. Compulsive achievers will find here everything they need to gain the sense of satisfaction thats eluded them. This book is a must-read for men and women struggling with the mystery of why theyre not happy. This is a most wise, helpful, and important book, and its wonderfully readable. -Mira Kirshenbaumauthor of Everything Happens for a Reason and The Emotional Energy FactorEvery perfectionistic, hypervigilant person wondering why peace of mind is so elusive should read this book. Dr. Ciaramicoli totally nails the issue of performance addiction and offers all the help you need. A life-changing book. -Dr. Charles Foster, author of Feel Better FastA much-welcome, reader-friendly, utterly unpretentious call to sanity. With clarity and disarming simplicity, Dr. Arthur Ciaramicoli exposes the futility and indeed the harm of our collective compulsive ride on the achievement treadmill. . . . Performance Addiction is a crash course in essential wisdom for today. Read it and give it to anyone about whose mental health and happiness you deeply care. -P. M. Forni, Professor at Johns Hopkins University...



Reviews

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly. -- Timothy Johnson DVM

This publication is amazing. This can be for all who statte that there had not been a worth reading through. I realized this publication from my i and dad encouraged this ebook to find out.

-- Desmond Schuster II