



The Ultimate Perfectionism Guide: How to Achieve Victory Over Perfectionism and Live in Freedom for Life (Paperback)

By Jessica Minty

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn How to Let Go of Perfectionism and Achieve More in Life! You re about to discover how to defeat perfectionism and explore other ways on how to live excellently. Your work life, family, relationships, and education will significantly improve if you stop aiming for perfection and just focus on doing your best. Excellence can be achieved if you think positively and allow yourself to breathe when you need to. With the help of this book, you ll be able to gain a deeper and more extensive understanding of perfectionism. You ll learn about the various steps on how to move on with your life with a healthier mindset. You ll see that perfection is over-rated and that the happiest people aren t necessarily those who can do things perfectly. Here Is A Preview Of What You ll Learn. 8 steps to overcome perfectionism Signs that you re a perfectionist The relationship between perfectionism and stress The difference between perfection and excellence How perfectionism hinders happiness How perfectionism can be an endless cycle of frustration and depression How perfectionism can affect..



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