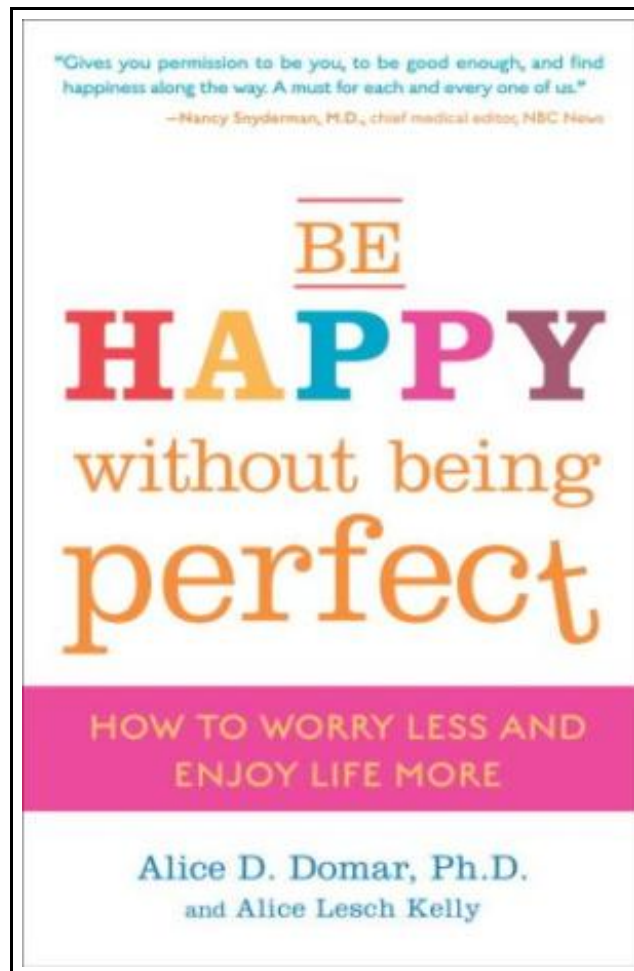


Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More



Filesize: 9.22 MB

Reviews

Complete guideline for publication fanatics. It is written in easy phrases rather than hard to understand. I am very happy to inform you that this is basically the finest pdf we have studied in my personal life and can be the finest pdf for at any time.

(Saul Mertz)

BE HAPPY WITHOUT BEING PERFECT: HOW TO WORRY LESS AND ENJOY LIFE MORE

[DOWNLOAD](#)

Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More, Alice D Domar, Alice Lesch Kelly, Do you have trouble going to bed at night when there's a mess in the kitchen? Do you think you would be happier if only you could lose weight, be a better parent, work smarter, reduce stress, exercise more, and make better decisions? You're not perfect. But guess what? You don't have to be. All of us struggle with high expectations from time to time. But for many women, the worries can become debilitating-and often, we don't even know we're letting unrealistic expectations color our thinking. The good news is, we have the power to break free from the perfectionist trap-and internationally renowned health psychologist, Dr. Alice Domar can show you how. "Be Happy Without Being Perfect" offers a way out of the self-imposed handcuffs that this thinking brings, providing concrete solutions, practical advice, and action plans that teach you how to: - Assess your tendency toward perfectionism in all areas of your life- Set realistic goals- Alleviate the guilt and shame that perfectionism can trigger- Manage your anxiety with clinically proven self-care strategies - Get rid of the unrealistic and damaging expectations that are hurting you-for good! Filled with the personal insights of more than fifty women, "Be Happy Without Being Perfect" is your key to a happier, calmer, and more enjoyable life. "From the Hardcover edition."

[Read Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More Online](#)[Download PDF Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More](#)

Relevant eBooks



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Save eBook »](#)



George Washington's Mother

Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, George Washington's Mother, Jean Fritz, DyAnne DiSalvo-Ryan, The All Aboard Reading series features stories that capture beginning readers' imagination while developing their vocabulary and...

[Save eBook »](#)



Frances Hodgson Burnett's a Little Princess

Penguin Young Readers Group. Paperback / softback. Book Condition: new. BRAND NEW, Frances Hodgson Burnett's a Little Princess, Deborah Hautzig, N/A, Natalie Carabetta, The All Aboard Reading series features stories that capture beginning readers' imagination...

[Save eBook »](#)



Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting, Anna Glas, Ase Teiner, Malou Fickling, There are loads of books covering the basics of...

[Save eBook »](#)



DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks

DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks, Andrew Donkin, Linda Martin, From blizzards and glaciers on the world's...

[Save eBook »](#)