

The Joy of Imperfection

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Synopsis

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Are you a perfectionist? Is your perfectionism causing you to feel stressed, irritated, and chronically unhappy? *"Perfectionism is just fear in really good shoes."* - **Elizabeth Gilbert** (author of *Eat, Pray, Love*) What if you could silence your inner critic and eliminate your fear of failure? How might these two simple changes improve your life? Imagine being able to take action **without the fear of self-criticism**. Imagine no longer feeling **paralyzed with indecision**. Imagine finally letting go of your perfectionism, and feeling *confident, enthusiastic, and inspired*. **Amazon bestselling author**, Damon Zahariades, offers a stimulating, *thought-provoking* guide that'll help you to overcome your perfectionistic tendencies and enjoy a more rewarding life. He'll take you, **step by step**, through a complete action plan designed to reverse your compulsion to be perfect. The tactics described in ***THE JOY OF IMPERFECTION*** have been used by thousands of people to silence their inner critics, embrace imperfection, and live without fear of others' disapproval. These tactics can produce the same results for you. **DOWNLOAD The Joy Of Imperfection: A Stress-Free Guide To Silencing Your Inner Critic, Conquering Perfectionism, and Becoming The Best Version Of Yourself!** In ***THE JOY OF IMPERFECTION***, you'll discover:

- why you pursue perfection in the first place**
- how your perfectionism compels you to avoid taking risks
- the harmful effect of negative self-talk (and how to stop it cold)**
- why perfectionism encourages procrastination
- how perfectionism dampens your creativity (and how to reverse the effect)**
- why you have difficulty adapting to changing circumstances

Reader's comments

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