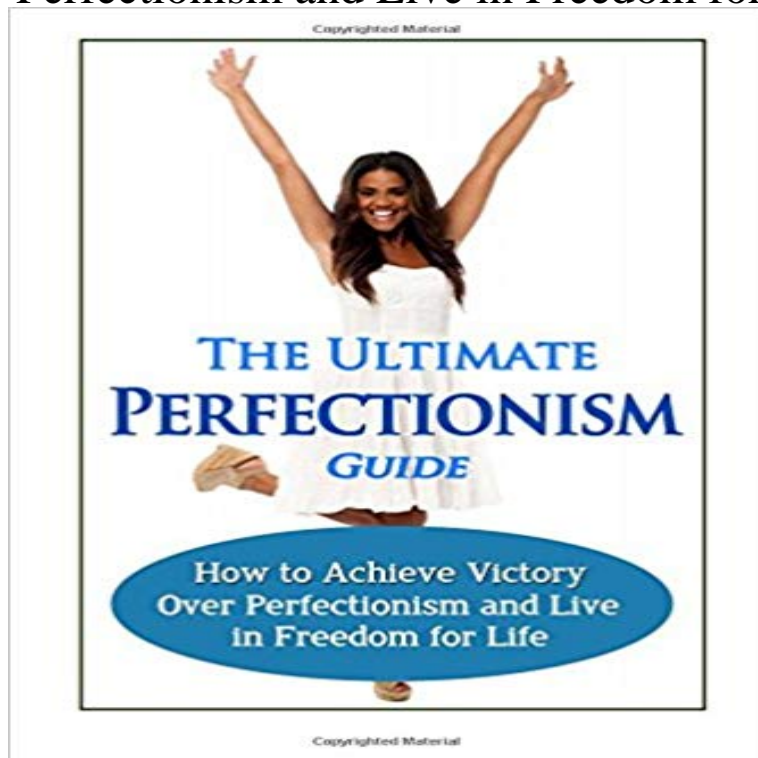


# The Ultimate Perfectionism Guide: How to Achieve Victory Over Perfectionism and Live in Freedom for Life



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 your academic performance How your work life can suffer due to perfectionism So what are you waiting for? It's time to conquer perfectionism and have a more fulfilling life!

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