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The Straitjacket of Perfectionism: How to Stop Chasing Perfect and Finally Achieve Your Greatest Goals

By John Connor

Shannon Publishing LLC. Paperback. Condition: New. 96 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. Do you start projects that are important to you, but then abandon them? It is likely unrecognized perfectionism that is holding you back from creating art, starting your new business, writing your book, or growing spiritually. You have big dreams that you keep secret, because you don't want to be embarrassed if you fail at them. Great news! This book is for you. It will help shake you free of your procrastination paralysis, calm your inner critic into silence, and open you to become what your soul desires. You will recognize and confront your fear of making mistakes and release the creativity-killing -- but deeply held -- belief that you can't go for your goals because of the risk of not doing it just exactly right. How Well, I've done it. Personality profile tests showed me very high on perfectionism, and I didn't even realize it. But then I got it -- I understood that this unhelpful internal drive to only do things I could do easily actually stunts my willingness to work on my biggest dreams. Outside of things like math tests, Perfect is mostly a...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to look ahead of time and a lot more. I am quite late in start reading this one, but better than never. I found out this book from my dad and I encouraged this pdf to find out.

-- Justus Hettinger