

how to be an imperfectionist the new way to self acceptance fearless living and freedom from perfectionism

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Discover the transformative path to becoming an imperfectionist, embracing a new way to cultivate self-acceptance and fearless living. Break free from the relentless grip of perfectionism, unlocking genuine freedom and a more authentic, peaceful existence.

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How to Be an Imperfectionist: The New Way to Self ...

The new way is to persuade people to take simple, but highly-strategic actions, which let them effortlessly experience the process of "letting go" of perfectionism. Over time, these behaviors become ...

How to Be an Imperfectionist: The New Way ...

22 May 2015 — The new way is to show people how simple but highly strategic "mini actions" can empower them to gradually and effortlessly "let go" of perfectionism. This book applies the science of behavior modification ...

(PDF) How to Be an Imperfectionist The New Way to Self- ...

This article argues that perfectionists have reason to endorse a perfectionist basic structure such that enables persons to develop and exercise their human capacities in meaningful ways. This basic structure has two complementary features: First, it enables a diversity of life experiences.

How to Be an Imperfectionist: The ...

"The primary benefits of becoming an imperfectionist are reduced stress and greater results by taking positive action in more situations. The more fearless, confident, and free a person is, the more they embrace imperfection in their life.

How to Be an Imperfectionist: The New Way to Self-Acceptance ...

In general, the idea behind imperfectionism is to not care so much about conditions or results, and care more about what you can do right now to move forward with your identity and your life. Stephen Guise, How to Be an Imperfectionist: The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism.

How to Be an Imperfectionist Quotes by Stephen Guise

Perfectionism and imperfectionism are 100% determined by what you care about. To be an imperfectionist, and make excellent progress, all you need to do is manage your cares. If you follow this advice, I guarantee that you'll be happier with your life: Don't care about results.

3 Smart Ways to Turn Your Perfectionism Into Your Greatest ...

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10 ways to practice self-acceptance - Kids Help Phone

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imperfectionist - Wiktionary, the free dictionary

The new way is to show people how simple but highly strategic "mini actions" can empower them to gradually and effortlessly "let go" of perfectionism. This book applies the science of behavior modification directly to ...

How to Overcome Perfectionism - WebMD

30 Apr 2022 — How to be an imperfectionist : the new way to self-acceptance, fearless living, and freedom from perfectionism. by: Guise, Stephen, author. Publication date: 2015. Topics: Perfectionism (Personality trait), Criticism, Personal, Codependency, Self-acceptance. Publisher: [United States] : Selective ...

How to be an Imperfectionist by Stephen Guise- Notes & Highlights

How to Be an Imperfectionist Quotes by Stephen Guise

How To Be An Imperfectionist

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