

Do you hear a voice that says your work isn't good enough? Is it hard for you to get started on projects? Are you often late with projects because you can't stop working on them? Do you obsess about getting all the details right? Does your appearance and your home have to be impeccable? Do you spend too much time working? With *Letting Go of Perfectionism*, you can learn to... Relax and not sweat the small stuff. Be at ease with your work. Know when something is good enough. Gain the perspective to see what is truly important in life. Realize that you are OK just as you are. Do you feel that the work you produce is never good enough? Do you work endlessly on projects or run them right up to the deadline? Is it hard for you to even start on a project because you fear it won't be good enough? Do you sit staring at your computer, unable to get going? Do you feel that your appearance, your home, or your children must be perfect or else you are a failure? Do you believe that making a mistake is the worst thing you can do? If you answered yes to some of these questions, you may be one of the many people suffering from Perfectionism. If so, you have a need to be perfect that goes far beyond what is actually required for excellence. This overblown demand on yourself can get in the way of your getting jobs done on time because you spend far too much time on them. Alternatively, it can lead you to procrastinate and avoid working on projects. Perfectionism can cause you to be uptight and worried much of the time. It can keep you from being relaxed and having fun and joy in life. It can unbalance your life because you spend far too much time on work or other attempts to be perfect, leaving little time for family, friends, love, and creativity. Your need for perfection is probably based on fears that are unconscious and come from unresolved childhood pain. *Letting Go of Perfectionism* will help you to understand and work through these fears. It will help you set up a practice for overcoming perfectionism so you can be more at ease. As a result, you will be more present in each moment and less anxious about the outcome of your work. You'll be able to discriminate when your work feels good enough and allow it to come to a natural completion without forcing it to be perfect. The book will help you do your work in a way that flows, so you can feel more pleasure and lightness. You'll go through your life in a more relaxed way, without pushing, yet still make progress with your work. By letting go of the struggle to be perfect, you will find time for your other needs, such as socializing, relaxation, fun, and personal health. In the end, you will be much more at ease as you produce excellent work, while having a balanced, relaxed, and happy life. This book is based on the Pattern System, a comprehensive and detailed map of the human psyche. *Letting Go of Perfectionism* is more than a book. It includes * An online workbook * An online quiz * Recorded guided meditations * An online community

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Letting Go of Perfectionism has 3 ratings and 0 reviews. Do you feel that the work you produce is never good enough? Do you work endlessly. *Letting Go of Perfectionism: Gaining Perspective, Balance, and Ease* eBook: Jay Earley: thepepesplace.com: Kindle Store. You will gain perspective on what is needed, ease in your work, and balance in your life. You will learn about the different types of Perfectionism, the fears that.

You will gain perspective on what is needed, ease in your work, and balance in your life. You

will Letting Go of Perfectionism is more than a book. It includes. What do I (on some level) hope to gain from meeting all these shoulds? . deeply into our fears and attachments, it is just as important to balance this with Self-love and Self Compassion. This is just one perspective - a view from my experiences. Great help in letting go of perfectionism awesome Jen.

Beyond Caretaking: Balancing Giving with Self-Care. Jay Earley Letting Go of Perfectionism: Gaining Perspective, Balance, and Ease (Inner Critic Series). Understand your psyche in a clear and comprehensive way, and resolve deep- seated emotional issues. Self-Therapy makes the power of a.

I've come up with five psychological strategies to overcome perfectionism. This has helped me let go of a shocking amount of hidden stress. about the future are exaggerated by the brain, and you can start to gain more control over your emotions. you'll see a shift in your perspective that calms your anxiety around them.

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