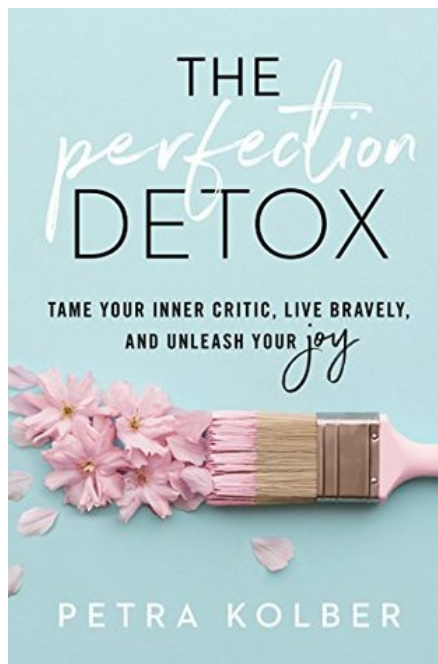




The Perfection Detox: Tame Your Inner Critic, Live Bravely, and Unleash Your Joy

Petra Kolber

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The Perfection Detox: Tame Your Inner Critic, Live Bravely, and Unleash Your Joy Petra Kolber
Award-winning fitness professional and consultant shares a practical, accessible program to help women replace destructive perfectionistic mindsets with concrete strategies and life-changing tips.

Tired. Stressed. Overwhelmed. Just one more email, one more meeting with the kid's teacher, oh and lose that last five pounds. Today, women are striving for perfection more than ever--and feeling like failures for not meeting unattainable goals. Health and wellness expert Petra Kolber knows this intimately; as a dancer and fitness professional, she's experienced the ultimately dissatisfying quest for perfection. Her Perfection Detox program helps women to overcome the unhealthy, unproductive demands we place on ourselves--and others. Based on her popular workshops, Kolber's strategies help women to recognize and constructively root out the perfectionistic impulse to be critical of self or others and to harness the power of our own internal resources, willpower, and habits.

With simple steps and strategies such as adjusting your internal monologue, cleaning up your vocabulary to include more positive language, becoming an excellence enthusiast rather than a perfectionist, and more, *The Perfection Detox* is an essential guide to a healthy, full, authentic life.

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Date : Published August 14th 2018 by Da Capo Lifelong Books

ISBN :

Author : Petra Kolber

Format : Kindle Edition 256 pages

Genre : Self Help, Personal Development

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