



Better than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love

Elizabeth Lombardo

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Perfectionists exist in every walk of life. While outwardly they appear to be very accomplished, they are often unhappy and unfulfilled. Perfectionists strive toward unattainable goals, and their behaviors can wreak havoc on both their physical health and their psychological well-being.

Timely and transformative, *Better than Perfect* by Dr. Elizabeth Lombardo offers step-by-step instructions for perfectionists to find balance and freedom. The book defines perfectionism in easy-to-understand terms, offers simple assessment tools, and shares case studies of Lombardo's patients to highlight the condition. Also included are practical exercises and suggestions for behavioral changes, including seven ways to overcome perfectionism that range from choosing passion over perfection to remembering you're more than what you do.

With the ultimate goal of helping readers achieve happiness and prosperity without the stress of making sure things are "perfect," *Better than Perfect* is a fundamental guide for all perfectionists seeking new, fulfilled, and empowered lives.

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