

# The Perfectionists Guide To Losing Control

**Bianca Best**

**The Perfectionist's Guide to Losing Control** Katherine Morgan Schafler, 2023-01-17 Selected for USA Today's Best Books of 2023 Selected as Editor's Pick in Amazon's Best Books of 2023 From psychotherapist Katherine Morgan Schafler, an invitation to every “recovering perfectionist” to challenge the way they look at perfectionism, and the way they look at themselves. We’ve been looking at perfectionism all wrong. As psychotherapist and former on-site therapist at Google Katherine Morgan Schafler argues in *The Perfectionist's Guide to Losing Control*, you don’t have to stop being a perfectionist to be healthy. For women who are sick of being given the generic advice to “find balance,” a new approach has arrived. Which of the five types of perfectionist are you? Classic, intense, Parisian, messy, or procrastinator? As you identify your unique perfectionist profile, you'll learn how to manage each form of perfectionism to work for you, not against you. Beyond managing it, you'll learn how to embrace and even enjoy your perfectionism. Yes, enjoy! Full of stories and brimming with humor, empathy, and depth, this book is a love letter to the ambitious, high achieving, full-of-life clients who filled the author’s private practice, and who changed her life. It’s a clarion call for all women to dare to want more without feeling greedy or ungrateful. Ultimately, this book will show you how to make the single greatest trade you’ll ever make in your life, which is to exchange superficial control for real power.

**Grace Yourself** Chris Janssen, 2025-02-18 Chris Janssen’s USA Today bestseller *Grace Yourself* is a guide for anyone struggling with addiction to move beyond self-limiting behavior into a life of fullness and freedom. Alcohol had a hold on Chris Janssen’s actions and thoughts until she made the life-changing decision to attend a support meeting and realized two truths: it wasn’t her fault and she wasn’t alone. Once she was embraced by a community that offered a nonjudgmental look at her struggles, Chris discovered that if she wanted to have a full and lasting life, alcohol could have no part. In *Grace Yourself*, a humble account of Chris’s transformation to an alcohol-free life, she offers a hand to others who are experiencing similar struggles, whether their addiction is alcohol or anything else. With heaps of grace, Chris shares the ups and downs of her journey while teaching you how to get curious and ask questions that move you forward. There is zero shame in her approach, and her expertise in coaching will help you let go of what’s holding you back so you can live a full and free life. *Grace Yourself* will help you: Get crystal clear on what you want and why you want it. Identify limiting beliefs keeping you stuck. Create sustainable narratives that serve you and your goals. This is a book for recovering sobriety after relapse,

recovering perfectionists, and for anyone who desires to release controlling thoughts. Grace Yourself will help you realize that your worth is not dependent upon your actions or mistakes but, rather, your value and power is within you now to live the extraordinary life you want.

**On Being Happy and a Successful Writer at the Same Time** Russell Nohelty, 2026-11-14 What if success didn't have to cost your sanity? For years, USA Today bestselling author Russell Nohelty chased the "dream" of massive book sales, bestseller lists, and unlimited creative freedom... ..but achieving it came at the cost of his health, his happiness, and even his love for writing. Now, he's on a mission to make sure nobody else has to make the same devil's bargain ever again. In *On Being Happy and a Successful Writer at the Same Time*, Nohelty draws from hundreds of books on happiness, years of business experience, and the lived reality of chronic illness to lay out a practical, holistic framework that helps writers align their creative work with joy, abundance, and their natural tendencies. This brutally honest, refreshingly hopeful guide offers a path forward for authors who want to thrive—not just survive. Inside, you'll learn how to: Rebuild your mindset to measure success on your own terms Connect with the right audience without selling your soul Prioritize like a pro, even when time and energy are scarce Generate income that fuels your creative freedom, not drains it Stop feeling broken, and start building a sustainable author business that actually feels good Whether you're just starting out or hitting burnout after years in the trenches, this book will help you realign with what truly matters, so you can stop chasing success and start living it.

*Big Impact Without Burnout* Bianca Best, 2025-03-11 Global business leader and single mother of 4, Bianca Best, reveals the 8 powerful and transformative strategies for ambitious women to achieve success with integrity and joy. This is a plan for reaching for the stars and seizing them without burning out, through inner balance and magnificent outer shine. Are you craving more time and energy? Is stress taking its toll on your productivity? Do your ambitions feel increasingly hard to achieve? You are not alone. Too many brilliant women are exhausted and dimming their lights unnecessarily. This book is your powerful solution and inspiring path to achieving your dreams with grace, joy and integrity. Bianca Best is an award-winning executive, coach, thought leader and mother of four, who has learned how to succeed without compromising body, mind or soul. After years of burnout, she mastered how to blend ambition with wellbeing. And then a funny thing happened, her impact and happiness soared! This is her practical, proven and invigorating roadmap: just 8 essential strategies to holistically shift from stress and struggle to empowered rising and achieving. With graceful productivity as your superpower, you'll find your inner balance then unleash your magnificent outer shine, taking your boldest work into the world, building influence and respect, maximizing your income and value, all while feeling purposeful, peaceful and energized.

*Resilience and Resistance through Contemplative Practice* Nicole Bauer, 2024-06-17 Burnout, imposter syndrome, changes in higher education, issues of free speech, structural inequality—the challenges facing academics today are daunting and overwhelming. How do we balance all of our responsibilities and goals without becoming exhausted? How do scholars

decide if activism is right for them, and if so, what form should it take? There is, fortunately, great wisdom, solace, and practical advice for the modern academic in ancient wisdom traditions, indigenous cultures, and contemplative practices like meditation from around the world. In *Resilience and Resistance through Contemplative Practice: Zen and the Anxious Academic*, the author argues that contemplative practice is not a substitute for social change or a band-aid for the difficulties academics face, but rather a powerful tool in building resilience and resistance to forces that undermine our well-being. Learn, for example, how Jungian psychology and ancient dream practices can help with academic writing, how the concept of dharma can lead us to discern our vocation and if activism is the right path for us, and how meditation can help us rediscover our innate self-worth in a culture where value is judged by narrow definitions of productivity and achievement. With these tools and insights, we can create positive change in both our inner and outer worlds.

**Take the Lead** Shaheena Janjuha-Jivraj, Anne-Valérie Corboz, Delphine Mourot-Haxaire, 2024-02-03 The business world is in need of more powerful and insightful female leaders. Discover the strategies and inspiration you need to Take the Lead. Only 26% of leadership positions in business are occupied by women. This book explores how we can close this prevailing gender gap before offering practical strategies on how you can Take the Lead as a business leader. Combining academic rigour with corporate expertise, this book features first-hand research and interviews with female leaders within global organizations to offer the strategies and insights that will propel you to success. From managing conflict and building confidence to growing your network and shaping your career, Take the Lead offers the strategies and inspiration you need to boost your leadership skills and establish yourself as a successful and influential changemaker.

**The Unofficial Guide to Planning Your Wedding** Eileen Livers, 1999-02-22 Readers getting married for the first time, or the second or even third time, are absolutely inundated with information. They want a unique wedding, but they can't afford to spend that kind of money. They want to please their families, but not at the expense of pleasing themselves. They have questions upon questions, but they don't want a rehash of the same old information. They expect and deserve inside advice from brides who have been there. Enter *The Unofficial Guide to Planning Your Wedding*. By teaching readers to sit down and focus on the kind of wedding they want, it allows them to come through the event with their sanity and their pocketbooks intact. The practical tools and checklists detail what to expect to spend on the caterer, the florist, the photographer, etc., as well as how to handle such sticky situations as intermarriages, divorced parents, and family feuds. And best of all, it reminds readers about the elements of a truly unique wedding.

*An Educator's Guide to Student Motivation* Allan C. Ornstein, Mary McCaslin, Daniel U. Levine, James Michael Cooper, 2006 This guide provides teachers with theory, research, and practical suggestions for motivating students to engage in learning activities.

**A Training Guide for the Bank Credit Department** Robert Morris Associates. Committee on the Development of Bank

Loan and Credit Men,1958 Manual covers the supervision and training of credit department personnel.

**Venture** ,1982

*The Writer* William Henry Hills,Robert Luce,1976 The oldest magazine for literary workers.

**The Eating Disorders Sourcebook** Carolyn Costin,2007 Publisher Description

**Forthcoming Books** Rose Arny,2004

**Surgery Electives** John McCabe,1994

Travel & Leisure ,2000

**Beginner's Gd.To Day Trading Online** Toni Turner,2000-02-01 This is a useful guidebook for those looking to engage in day or short-term trading in the stock market. The topics covered include technical analysis of stocks, market fundamentals, skills and strategies of professional traders, and how to select an online broker. The author discusses how to trade in 4 different time frames (day trade, short-term, swing, scalp) and how to avoid the pitfalls inherent in each. The book includes numerous (very helpful) images and explanations of Nasdaq Level II quote screens. The author has a rare ability to make the topic of technical analysis of stocks understandable to beginning day traders.

**Outdoor America** ,2005

Field and Stream ,1982

*Prepared Foods* ,1986

Good Women Get Angry Gary J. Oliver,H. Norman Wright,1995 Dr. Oliver and Dr. Wright extensively surveyed women from many walks of life, exploring with them what they believe about anger and charting a new and healthy plan for handling this important emotion. With sensitivity and understanding, they provide tools for expressing anger constructively in the various spheres of a woman's life.

Embracing the Melody of Term: An Psychological Symphony within **The Perfectionists Guide To Losing Control**

In a world used by monitors and the ceaseless chatter of immediate conversation, the melodic elegance and psychological symphony produced by the written word often disappear in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. However, located within the pages of **The Perfectionists Guide To Losing Control** a marvelous fictional treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully constructed phrase. Within the depths with this

moving review, we will discover the book is main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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snf et abrité des vents dominants le port de plaisance de  
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35m vous accueille 24h 24 dans un environnement  
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register data which excludes lakes ponds glaciers 1 km 2 0  
386 sq mi or 247 acres and river estuaries port de bouc  
french pronunciation pɔʁ də buk occitan lo pòrt de boc is a  
commune in the bouches du rhône department southern  
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aan de monding van caronte canal het aansluiten van de  
etang de berre naar de golf van fos en de middellandse zee  
de stad is vooral grenst martigues en fos sur mer  
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entfernt im falle von port de bouc einer gemeinde mit knapp  
17 000 einwohnern im département bouches du rhône in der  
region provence alpes côte d azur ist es die unmittelbare  
nähe zum wasser und zu einem hübschen kleinen jachthafen  
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particularly bordering martigues and fos sur mer mainly targets marine activities the city of about 17 500 inhabitants is also an interesting tourist site

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