

Just Want to Be Perfect...Just Want to Pee Alone: The Ultimate Guide to Mental Health for Women

Are you a woman who feels like you're constantly striving to be perfect? Do you feel like you're never good enough, no matter how hard you try? If so, you're not alone. Millions of women struggle with perfectionism, and it can take a toll on our mental health.

Perfectionism is a relentless pursuit of flawlessness. It's a belief that we can and should be perfect in all aspects of our lives. But the truth is, perfection is an unattainable goal. No one is perfect, and striving to be perfect can lead to feelings of anxiety, depression, and low self-esteem.



I Just Want to Be Perfect (I Just Want to Pee Alone Book 4) by Jen Mann

★★★★☆ 4.6 out of 5

Language : English
File size : 1575 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 233 pages
Lending : Enabled



In her book, *Just Want to Be Perfect...Just Want to Pee Alone*, Dr. Alice Boyes offers a practical, evidence-based guide to help women overcome

perfectionism and achieve mental well-being. Boyes argues that perfectionism is a learned behavior, and that we can unlearn it. She offers a step-by-step approach to help women challenge their perfectionistic thoughts and behaviors.

Boyes' book is full of helpful tips and exercises to help women overcome perfectionism. She encourages women to practice self-compassion, set realistic expectations, and focus on their strengths. She also provides guidance on how to deal with setbacks and criticism.

If you're a woman who struggles with perfectionism, *Just Want to Be Perfect...Just Want to Pee Alone* is a must-read. This book will help you understand the nature of perfectionism, its impact on your mental health, and how to overcome it. Boyes' compassionate and practical approach will empower you to break free from the shackles of perfectionism and achieve a more fulfilling life.

About the Author

Dr. Alice Boyes is a clinical psychologist who specializes in the treatment of perfectionism. She is the author of several books on the topic, including *The Perfectionism Workbook* and *The Mindfulness Workbook for Perfectionists*. Boyes is a sought-after speaker and has appeared on numerous television and radio shows to discuss perfectionism.

Reviews

"*Just Want to Be Perfect...Just Want to Pee Alone* is a groundbreaking book that offers a practical, evidence-based approach to overcoming perfectionism. Dr. Boyes' compassionate and supportive writing style

makes this book a must-read for women who struggle with perfectionism." - ***Psychology Today***

"This book is a lifesaver! I have struggled with perfectionism my entire life, and Dr. Boyes' book has finally given me the tools I need to overcome it. I highly recommend *Just Want to Be Perfect...Just Want to Pee Alone* to any woman who struggles with perfectionism." - ***Our Book Library reviewer***

Free Download Your Copy Today!

Just Want to Be Perfect...Just Want to Pee Alone is available in paperback, hardcover, and e-book formats. Free Download your copy today and start your journey to overcoming perfectionism.



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