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suggestions about  
living a mindful  
life and raises  
countless questions  
about our values."  
—*The Boston Globe*

**REPRESS YOUR ANGER,  
THINK NEGATIVELY,  
BE A GOOD BLAMER &  
THROTTLE YOUR INNER CHILD**

## PAUL PEARSALL

Best-selling author of *The Pleasure Prescription*

# Sowhy Arent You Perfect Yet For 495 The Last Self Help Youll Ever Need

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## **Sowhy Arent You Perfect Yet For 495 The Last Self Help Youll Ever Need:**

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