



Breaking Up with Perfect: Kiss Perfection Good- Bye and Embrace the Joy God Has in Store for You

Amy Carroll

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An inspiring and thought-provoking guide to help you abandon the pursuit of perfection and become comfortable and more confident in your own skin.

We've all been in relationships that were bad for us...whether with a catty girlfriend, a selfish boyfriend, or a coworker who undermines our best efforts.

But there is one relationship that steals the potential of all other relationships—including our relationship with ourselves and, ultimately, our relationship with God. And that's our relationship with *Perfect*.

Perfect is a bad friend. No matter what we do or say or give or bake or create...it's never enough. Perfect always demands more, but it's never satisfied. *Never*.

Whether you are a “good girl,” who always tries to be what you think everyone else wants you to be, or a “never good enough” girl, who's desperately hiding your past and shame behind attempts to measure up—this book will help you find the beautiful, loving, fulfilled woman God created you to be. Imperfections and all.

Breaking Up with Perfect will help you:

- Experience authenticity as the antidote for isolation
- Trade the *Lies of Perfection* for the *Truths of God's Love*
- End the pursuit of perfection, so God can begin His powerful perfecting work in you

After reading this book, you'll be able to end the never-ending stress that chasing Perfect brings and live a life filled with joy, peace, and spiritual fulfillment.

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