



The Cure for the "Perfect" Life: 12 Ways to Stop Trying Harder and Start Living Braver

Kathi Lipp, Cheri Gregory

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Do you know a woman who works her heart out but never gets anything "just right"? Who feels like she falls short of being the Christian wife, mother, daughter, and friend she longs to be?

Sound like anyone you know? Perhaps even the girl in the mirror? If so, Cheri Gregory and Kathi Lipp have good news for you.

You're not a bad person. You've simply been obeying some really bad rules for far too long, rules that promised paradise but misled you into perfectionism, people-pleasing, and procrastination prison. But you don't have to stay stuck in discouragement and resentment. Escape is possible. Rescue is waiting.

This sassy self-help guide offers been-there-felt-that, girlfriend-to-girlfriend empathy and experience that will help you

- tell the difference between reasonable rules and bad rules
- identify the bad rules you need to break
- discover biblical wisdom to overcome the bad rules in your life

As you stop trying to measure up so that others will be impressed, you'll experience what it means to "let the peace of Christ rule in your heart."

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