

Title:

The Perrfectionist Demon!

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330

Summary:

One of the worst habits you can have is to be a perfectionist. Most people do not even realize

The basis for procrastination is the fear that we will not do something properly so we decide

Keywords:

habits, self help, advice, perfectionist, procrastination

Article Body:

One of the worst habits you can have is to be a perfectionist. Most people do not even realize

The basis for procrastination is the fear that we will not do something properly so we decide

Striving to be perfect creates expectations, pressures and problems, which create enormous str

You have to change your level of thinking. Accept that you and everything around you is not pe

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