



# Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More

By Alice D. Domar Ph.D., Alice Lesch Kelly

Download now

Read Online 

## Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More

By Alice D. Domar Ph.D., Alice Lesch Kelly

Do you have trouble going to bed at night when there's a mess in the kitchen? Do you think you would be happier if only you could lose weight, be a better parent, work smarter, reduce stress, exercise more, and make better decisions?

You're not perfect. But guess what? You don't have to be.

All of us struggle with high expectations from time to time. But for many women, the worries can become debilitating—and often, we don't even know we're letting unrealistic expectations color our thinking. The good news is, we have the power to break free from the perfectionist trap—and internationally renowned health psychologist, Dr. Alice Domar can show you how.

*Be Happy Without Being Perfect* offers a way out of the self-imposed handcuffs that this thinking brings, providing concrete solutions, practical advice, and action plans that teach you how to:

- Assess your tendency toward perfectionism in all areas of your life
- Set realistic goals
- Alleviate the guilt and shame that perfectionism can trigger
- Manage your anxiety with clinically proven self-care strategies
- Get rid of the unrealistic and damaging expectations that are hurting you—for good!

Filled with the personal insights of more than fifty women, *Be Happy Without Being Perfect* is your key to a happier, calmer, and more enjoyable life.

*From the Hardcover edition.*

 [Download Be Happy Without Being Perfect: How to Worry Less ...pdf](#)

 [Read Online Be Happy Without Being Perfect: How to Worry Les](#)

[...pdf](#)

# Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More

By Alice D. Domar Ph.D., Alice Lesch Kelly

**Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More** By Alice D. Domar Ph.D., Alice Lesch Kelly

Do you have trouble going to bed at night when there's a mess in the kitchen? Do you think you would be happier if only you could lose weight, be a better parent, work smarter, reduce stress, exercise more, and make better decisions?

You're not perfect. But guess what? You don't have to be.

All of us struggle with high expectations from time to time. But for many women, the worries can become debilitating—and often, we don't even know we're letting unrealistic expectations color our thinking. The good news is, we have the power to break free from the perfectionist trap—and internationally renowned health psychologist, Dr. Alice Domar can show you how.

*Be Happy Without Being Perfect* offers a way out of the self-imposed handcuffs that this thinking brings, providing concrete solutions, practical advice, and action plans that teach you how to:

- Assess your tendency toward perfectionism in all areas of your life
- Set realistic goals
- Alleviate the guilt and shame that perfectionism can trigger
- Manage your anxiety with clinically proven self-care strategies
- Get rid of the unrealistic and damaging expectations that are hurting you—for good!

Filled with the personal insights of more than fifty women, *Be Happy Without Being Perfect* is your key to a happier, calmer, and more enjoyable life.

*From the Hardcover edition.*

**Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More** By Alice D. Domar Ph.D., Alice Lesch Kelly **Bibliography**

- Sales Rank: #679370 in Books
- Brand: Domar, Alice D./ Kelly, Alice Lesch
- Published on: 2009-03-24
- Released on: 2009-03-24
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .70" w x 5.20" l, .48 pounds
- Binding: Paperback
- 304 pages

 [Download Be Happy Without Being Perfect: How to Worry Less ...pdf](#)

 [Read Online Be Happy Without Being Perfect: How to Worry Les ...pdf](#)

## Download and Read Free Online *Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More* By Alice D. Domar Ph.D., Alice Lesch Kelly

---

### Editorial Review

From Publishers Weekly

According to psychologist and Harvard Medical School assistant professor Domar (*Self-Nurture*), everything is *never* perfect, and if you expect it to be, true happiness and contentment will always be out of reach. To teach women to create reasonable expectations for relationships, careers and their bodies, the authors offer quizzes to determine how much perfectionism is influencing readers' lives and interview women struggling with perfectionism. In a three-part process, readers are encouraged to identify, challenge and restructure detrimental thoughts. For example, a woman who decides her neighbor is a more creative parent than she is because the neighbor sews exquisite Halloween costumes should tell herself, We all have strengths and weaknesses, and I do some things better than she does. The authors also offer step-by-step techniques to tame the perfectionist beast, such as meditation, yoga, mini relaxations and journaling, and advise readers on setting realistic exercise and eating goals. Although much of the advice, written with journalist Kelly, is obvious and easier said than done, it's also sound and detailed and provides a good starting point for perfectionist readers. (Mar.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

### Review

"..A wonderful antidote for the anxious, depressed woman for whom no level of achievement seems to be enough. Doctor Domar fills her easy-to-read book with real life examples from her own practice and offers solid, innovative advice for dealing with unreasonable expectations of life and of self."

—Marianne J. Legato, M.D., founder and director, Foundation for Gender-Specific Medicine

"Finally the message all women need to hear. It is time to stop beating yourself up and read *Be Happy Without Being Perfect*. It will save your life!"

—Susan Love M.D., president and medical director, Dr. Susan Love Research Foundation, and author of *Dr. Susan Love's Menopause and Hormone Book: Making Informed Choices*, and *Dr. Susan Love's Breast Book*

"Smartly written, greatly insightful...there's not a woman I know who wouldn't benefit from reading this book. Take in its lessons and you will find a deeper level of contentment and satisfaction in each day. This is essential reading for every woman."

—Miriam Nelson, Ph.D., associate professor, Friedman School of Nutrition Science and Policy, Tufts University and author of the bestselling *Strong Women* book series.

"Giving up perfect sets women on the road to true and sustainable health. If you feel trapped in any way by the need to have a perfect body, a perfect house, or perfect life on any level—you need this book. Now!"

—Christiane Northrup, M.D., author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*

"Perfection is the enemy of happiness. Dr. Domar teaches us to be more accepting of ourselves so we don't live in fear of failure."

—Mehmet Oz, M.D., professor of surgery, New York-Presbyterian Hospital/Columbia Medical Center

"Reading *Be Happy Without Being Perfect* allows women to exhale-- finally. We women are so tough on ourselves, that it takes a masterful advisor to get us to step back and think about changing our daily thoughts as well as our habits. Reading this book is like having a truly close friend, who you trust, and who just

happens to be a psychologist, nutritionist and coach. The book is wise, humane, and it goes down easy. I enjoyed reading it- what's more, I have zeroxed a few of the pages and put them up in strategic zones ( bathroom mirror, refrigerator door). There is something in this book for just about every woman I know.  
—Pepper Schwartz, Ph.D., professor of sociology, University of Washington and author of *Prime: Adventures and Advice about Love and Sex and the Sensual Years*

“We strive for perfection in everything we do...Work, the kids, the meals, and trying to be the dutiful spouse. But where does happiness fit into that equation? Not to worry. Dr. Ali Domar tackles all the misconceptions (and misplaced pressures) and gets you back on the right track. *Be Happy Without Being Perfect* gives you permission to be you, to be good enough, and find happiness along the way. It’s a must for each and every one of us.”  
—Nancy Snyderman, M.D., chief medical editor NBC News

"In her work as a psychologist, Domar (*Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility*) found that many of her clients felt overwhelmed, depressed, and out of control in trying to live up to the media's depictions of women as perfect mothers, spouses, hostesses, and decision makers. Together with fitness writer Kelly, Domar here shows that perfectionism has been an issue for American women since colonial times, long before Martha Stewart made the scene. In her survey of more than 50 women whose observations and advice appear throughout the text, Domar identifies six areas of perfectionism: health and personal appearance, housekeeping, work, relationships, parenting, and decision making. In each of these areas, she demonstrates how the technique of cognitive restructuring, or "retraining your brain," can be used to reframe common distortions in thinking and result in realistic expectations and happier lives. Many women will recognize themselves in the descriptions given by Domar and her respondents, and even nonperfectionists can benefit from her advice on decision making and coping with everyday stressors (e.g., journaling, meditation). Recommended for self-help and women's health collections in public libraries."  
—*Library Journal*

*From the Hardcover edition.*

#### About the Author

ALICE D. DOMAR, Ph.D., is executive director of the Domar Center for Mind/Body Health in Boston; director of mind/body services at Boston IVF; assistant professor of obstetrics, gynecology, and reproductive biology at Harvard Medical School; and senior psychologist at Beth Israel Deaconess Medical Center. She serves on the board of experts for LLuminari, a women's health education company, and on the editorial advisory board for Parents and Health. She is the author of the national bestseller *Self-Nurture*, as well as *Healing Mind, Healthy Woman* and *Conquering Infertility*. Dr. Domar lives in the Boston area with her husband and two daughters.

ALICE LESCH KELLY is a freelance writer specializing in health and psychology. Her work has appeared in many publications, including the *New York Times*, the *Los Angeles Times*, *Shape*, *Health*, *Reader's Digest*, *Fit Pregnancy*, and *Woman's Day*.

*From the Hardcover edition.*

#### Users Review

#### From reader reviews:

**Orlando Hernandez:**

Now a day people who Living in the era everywhere everything reachable by talk with the internet and the resources within it can be true or not involve people to be aware of each information they get. How individuals to be smart in receiving any information nowadays? Of course the answer is reading a book. Looking at a book can help individuals out of this uncertainty Information mainly this Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More book since this book offers you rich information and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you know.

**Christine Andrews:**

Your reading 6th sense will not betray anyone, why because this Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More publication written by well-known writer who knows well how to make book that could be understand by anyone who else read the book. Written with good manner for you, leaking every ideas and writing skill only for eliminate your current hunger then you still hesitation Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More as good book not just by the cover but also with the content. This is one reserve that can break don't ascertain book by its cover, so do you still needing yet another sixth sense to pick this!? Oh come on your examining sixth sense already alerted you so why you have to listening to an additional sixth sense.

**Sandra Kelley:**

This Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More is completely new way for you who has attention to look for some information given it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know otherwise you who still having bit of digest in reading this Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More can be the light food to suit your needs because the information inside this book is easy to get through anyone. These books build itself in the form which is reachable by anyone, sure I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this reserve is the answer. So there is not any in reading a guide especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the item! Just read this e-book type for your better life and knowledge.

**David Wade:**

Do you like reading a book? Confuse to looking for your chosen book? Or your book has been rare? Why so many query for the book? But just about any people feel that they enjoy regarding reading. Some people likes reading through, not only science book but additionally novel and Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More as well as others sources were given expertise for you. After you know how the great a book, you feel need to read more and more. Science publication was created for teacher or students especially. Those books are helping them to add their knowledge. In various other case, beside science e-book, any other book likes Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More to make your spare time considerably more colorful. Many types of book like this one.

**Download and Read Online Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly #K31SIFTVUXH**



## **Read Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly for online ebook**

Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly books to read online.

### **Online Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly ebook PDF download**

**Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly Doc**

**Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly Mobipocket**

**Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More By Alice D. Domar Ph.D., Alice Lesch Kelly EPub**