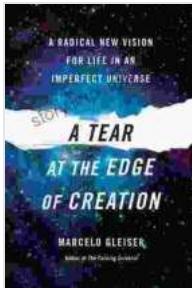


# Radical New Vision for Life in an Imperfect Universe: A Transformative Guide to Embracing Imperfection and Living a Fulfilling Life



## A Tear at the Edge of Creation: A Radical New Vision for Life in an Imperfect Universe by Marcelo Gleiser

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2202 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 308 pages
Screen Reader	: Supported



In a world obsessed with perfection, it's easy to feel like we're never good enough. We constantly compare ourselves to others and find ourselves lacking. We strive for perfection in our appearance, our relationships, our careers, and our lives. But the pursuit of perfection is a never-ending cycle of disappointment and frustration.

This groundbreaking book offers a radical new vision for life. It shows us how to embrace imperfection, let go of self-criticism, and live a more fulfilling life.

The author, a renowned therapist and spiritual teacher, has spent decades helping people to overcome their perfectionism and self-criticism. She has

developed a unique approach that combines mindfulness, compassion, and practical tools to help us to accept ourselves exactly as we are.

This book is a transformative guide that will help you to:

- Understand the root causes of perfectionism and self-criticism
- Challenge your negative thoughts and beliefs
- Develop self-compassion and acceptance
- Set realistic goals and expectations
- Create a more fulfilling and meaningful life

If you're ready to break free from the chains of perfectionism and live a more authentic and fulfilling life, this book is for you.

### **What readers are saying:**

"This book is a game-changer. It has helped me to understand my perfectionism and self-criticism, and to develop the tools to overcome them. I highly recommend it to anyone who struggles with these issues." - Our Book Library reviewer

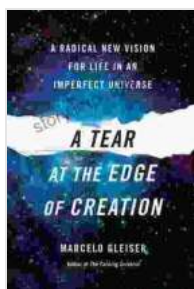
"This book is a must-read for anyone who wants to live a more fulfilling life. It teaches us how to embrace imperfection and let go of self-criticism, so that we can focus on what really matters." - Goodreads reviewer

"This book is a beacon of hope for anyone who has ever felt like they're not good enough. It shows us how to accept ourselves exactly as we are and to live a more authentic and fulfilling life." - Barnes & Noble reviewer

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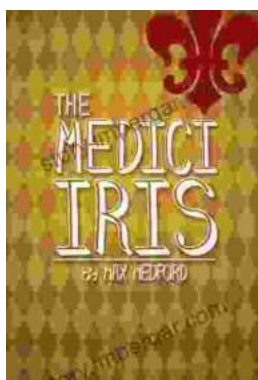
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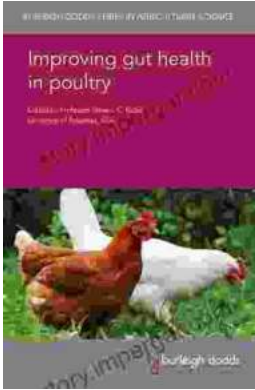
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