



The Art of Imperfection: Simple Ways to Make Peace with Yourself

Veronique Vienne

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Forgive yourself:

Self-acceptance doesn't have to be hard work. Cultivate your most pleasurable flaws. Find out when not to have the last word. Don't be afraid to ask silly questions. Learn to make lists--and forget them. And remember: The most perfect moments usually happen at the most imperfect time.

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