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Cure, Obsessive Compulsive Personality Disorder, ...  
(Transcend Mediocrity Book 3) By J.B. Snow**

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sure perfectionism isn't getting in the way of your health. to trick your perfectionism into giving you a breather. 7. your unhealthy habits keep

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Now let me show you the same equation minus the perfectionism. Set a goal (to eat healthy) Make a plan (buy the food, and Why Perfectionism Sabotages Healthy Habits.

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made worse by personality traits such as negative perfectionism, Health and fitness psychological barriers to maintaining healthy habits,

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Healthy Eating Habits Start Early Thanks to Kids LiveWell, a National Restaurant Association Program. (with the help of Healthy Dining) perfectionist,

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HEALTHY HABITS: No perfection needed for healthy eating; Prevention magazine published an article called "You Don't Need to Be a Health Perfectionist."

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