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Performance Addiction: The Dangerous New Syndrome and How to Stop It from Ruining Your Life

By Arthur P Ciaramicoli

Wiley. Paperback. Book Condition: New. Paperback. 252 pages. Dimensions: 9.2in. x 6.1in. x 0.6in. The best book I've seen on how we can stop sabotaging our need for balance. Compulsive achievers will find here everything they need to gain the sense of satisfaction that's eluded them. This book is a must-read for men and women struggling with the mystery of why they're not happy. This is a most wise, helpful, and important book, and it's wonderfully readable. -Mira Kirshenbaum author of Everything Happens for a Reason and The Emotional Energy Factor Every perfectionistic, hypervigilant person wondering why peace of mind is so elusive should read this book. Dr. Ciaramicoli totally nails the issue of performance addiction and offers all the help you need. A life-changing book. -Dr. Charles Foster, author of Feel Better Fast A much-welcome, reader-friendly, utterly unpretentious call to sanity. With clarity and disarming simplicity, Dr. Arthur Ciaramicoli exposes the futility and indeed the harm of our collective compulsive ride on the achievement treadmill. . . . Performance Addiction is a crash course in essential wisdom for today. Read it and give it to anyone about whose mental health and happiness you deeply care. -P. M. Forni, Professor at Johns Hopkins University...



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