



Practically Perfect in Every Way: My Misadventures Through the World of Self-Help-- and Back

Jennifer Niesslein

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From Dr. Phil to the Fly Lady??A level-headed, laugh-out-loud tour of the loopy world of self-help.?(Ann Crittenden, author of *The Price of Motherhood* and *If You've Raised Kids, You Can Manage Anything*)

Jennifer Niesslein has an okay life. But, dogged by a sense of dissatisfaction and a yearning for something she can't quite name, she embarks on a two-year experiment, taking all manner of self-help advice? from housecleaning to marital to spiritual?in an effort to become a better, happier person. What Niesslein learns is that the road to self-help Nirvana is fraught with peril. She also discovers that there is such a thing as the good life?it's just a question of how perfect you have to be to get it.

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