



# **Drop the Act, It's Exhausting!: Free Yourself from Your So-Called Put-Together Life**

*Beth Thomas Cohen*

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*Drop the Act, It's Exhausting!* is one woman's call to all women to embrace the imperfections in their lives and to air their "improper" thoughts about relationships, love, sex, parenting, careers, self-esteem, and self-image. By no longer being ashamed or apologetic about how they "really feel," women will become more aware of who they are and more accepting of themselves and one another. With wit, candor, and refreshingly blunt observations, Beth Thomas Cohen proves herself the prime example of how freeing, fun, and unifying it can be to drop the act and live a not so put-together life.

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