

***Mastering The Art Of Quitting Why It Matters In Life Love And  
Work Peg Streep***

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### **Mastering The Art Of Quitting**

Mastering the Art of Quitting: Why It Matters in Life, Love, and Work [Peg Streep, Alan Bernstein] on Amazon.com. \*FREE\* shipping on qualifying offers. Find out why the happiest, most successful people have the ability both to persist and to quit. In a culture that perceives quitting as a last resort and urges us to hang in

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Mastering the Art of Quitting: Why It Matters in Life, Love & Work. When our proto-human ancestors almost, but didn't quite, catch that deer for dinner they wanted, the physical actions that made up their "near win" taught them that, with persistence, the deer would eventually end up in their stomachs. However,...

### **Mastering the Art of Quitting: Why It Matters in Life ...**

Mastering the Art of Quitting (Book Review) One of the more gratifying aspects of living in the 21st Century is watching useless taboos melt away. Of course some taboos are more persistent than others. Among the most stubborn are those enshrined in powerful cultural admonitions against quitting and failure.

### **Mastering the Art of Quitting (Book Review) - Positive ...**

Mastering the art of quitting is about learning to be flexible when you need to so that you can meet whatever challenge you're facing. Conflict between goals without disengagement can literally make you sick, not to mention profoundly unhappy.

### **Mastering the Art of Quitting by Peg Streep & Alan ...**

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Mastering the Art of Quitting Our belief in the value of persistence colors the way we tell our own stories and the lessons we take away from the stories we're told. This belief is so interwoven ...

### **Mastering the Art of Quitting - Beliefnet**

Mastering the Art of Quitting in Life, Love, and Work. Quitting can permit growth and learning, as well as the ability to frame new goals. Without the choice of giving up, most people will end up in a discouraging loop. Quitting might be a healthy, adaptive response when an important goal can't be reached.

### **Mastering the Art of Quitting in Life, Love, and Work ...**

Get this from a library! Mastering the art of quitting : Why it matters in life, love, and work.. [PEG STREEP]

### **Mastering the art of quitting : Why it matters in life ...**

In his new book, Mastering the Art of Quitting, psychotherapist ALAN BERNSTEIN, argues that the most satisfied people have figured out to do just that -quit, refocus and redefine in order to move forward with their lives. As the new year begins, we'll talk with therapist and author Alan Bernstein about when and how to quit.

### **Mastering the Art of Quitting - WHY**

In Mastering the Art of Quitting the authors show us how to let go when we need to and how to start

over. A guide to increasing our emotional and mental flexibility, assessing our goals, and knowing when to hang in or bail out, it tackles our tendencies to over analyze, ruminate, and put a positive spin on situations we actually need to avoid.

### **Mastering the Art of Quitting (Audiobook) by Peg Streep ...**

Mastering the Art of Quitting: Why It Matters in Life, Love, and Work by Peg Streep (2014-01-09) on Amazon.com. \*FREE\* shipping on qualifying offers.

### **Mastering the Art of Quitting: Why It Matters in Life ...**

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### **Mastering the Art of Quitting: Why It Matters in Life, Love, and Work Audiobook**

Today we are giving away 3 copies of the Mastering the Art of Quitting: Why It Matters in Life, Love, and Work book by Peg Streep and Alan B. Bernstein . Peg Streep and Alan B. Bernstein, LCSW, explain that we need to quit in order to get the most out of life. The success stories, questionnaires, and [...]

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Quitting is a healthy, adaptive response when a goal can't be reached."--"@en; schema:description " "On the face of it, Mastering the Art of Quitting sets forth what seems a contrarian proposition: that knowing how and when to quit isn't just a vital skill for living the most satisfying life but one that actually needs to be consciously learned ...

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