Download Doc

CONFESSIONS OF A RECOVERING TYPE A



New Street, Inc. Paperback. Condition: New. 246 pages. Dimensions: 8.4in x 5.4in x 0.8in.Confessions of a Recovering Type A is a compelling and dynamic look at the guiles and glories of being a workaholic, perfectionist, control-freak and overachieving Type A. Captivating and straightforward, this book is a journey through Type A Case Studies, face-your-fears challenges, and pointed self-inspections. Bowen dubunks self-help and spits out Religion Soup as she reveals the results when you abandon your Type A convictions and once...

Read PDF Confessions of a Recovering Type A

- Authored by Wendy Bowen
- Released at -



Reviews

If you need to adding benefit, a must buy book. It can be writter in straightforward words and phrases and never difficult to understand. I realized this ebook from my dad and i advised this ebook to learn.

-- Zula Hayes

It is easy in study better to understand. Of course, it is actually play, nonetheless an amazing and interesting literature. I am quickly could possibly get a satisfaction of reading through a published ebook.

-- Ms. Lucinda Koelpin

This pdf may be worth acquiring. It is definitely simplified but surprises inside the fifty percent of the pdf. I am pleased to let you know that this is the very best ebook we have read inside my own lifestyle and could be he finest publication for ever. -- Prof. Abe Satterfield IV