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# 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...

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- Authored by Wendy Bowen
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