



Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living

Shauna Niequist

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In a culture that values speed, efficiency, image, and busyness, some of us are aching for another way to live: more intentional, more connected. Simpler, slower, richer. Many of us have believed the myth that achievement and success bring us contentment, only to find it's actually things like connection and meaning, not success and achievement, that provide true peace and genuine happiness.

Present Over Perfect is bestselling author Shauna Niequist's motto for how to live a rich, engaged, and loving life in the midst of what often feels terribly messy and imperfect. Similar in format to Shauna's previous books, *Present Over Perfect* is a collection of essays that focuses on the journey from frantic and tired to connected and free. Many of us find ourselves busier than we want to be, missing the sweetest moments along the way. We end up resentful and distracted, full of regret and feeling disconnected. *Present Over Perfect* is a hand reaching out to a new way of living—full of grace, space, and connection.

As a wife, mother, friend, and writer, Shauna shares with vulnerability and transparency about the reality of living wholly present in our relationships with our families and the others we love and inspires readers to discover their own path to this more fulfilling way to do life.

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