

Don't expect it to be perfect!

THE "PERFECT PICTURES" PRESS RELEASE

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Perfect Pictures: An Inspirational Book for Those Who like It Perfect

Most people feel that they have to be perfect in order to live life. Many feel that trying to reach perfection is the only way to live. Perfection is an illusion. When we have unrealistic expectations of ourselves and others, we will experience suffering in our lives.

Christy is a woman that awoke to her perfect pictures and now has simple solutions for people. One day at lunch with a girlfriend when Christy's figure was what most women would envy, she still thought she still needed to lose more weight. She felt she wasn't perfect the way she was. In that moment Christy said "I realize I have perfect pictures and how they affect every area of my life." Christy became conscious of her own limitations due to these perfect pictures. She realized that most people have a general feeling of being unhappy and unfulfilled in their lives. Because our bodies do not look a certain way, our relationships are not perfect, or we don't make enough money, we feel dissatisfied. The majority of us have this issue of perfect pictures.

Clues and Cues to Find Perfect Pictures:

- Awareness
- Recognize negative emotions such as fear, doubt, or feelings of depression.
- Notice thoughts. If, for example, thoughts are focused on how fat a person is while they look in the mirror, they need to stop, and change the self-talk and thoughts.

Perfect Picture Solutions:

- Mantras are a great and powerful way to change a thought, for example, "I am perfect and complete as I am".
- Meditation 20 minutes per day every day is another solution to evolving a perfect picture. Being still or any type of silence is essential.
- Treatments are a form of prayer that empowers the spirit within to make powerful and positive changes.

"When we change our perfect pictures, we then realize we are already perfect, whole and complete as a spirit, in this moment. We have a God-given right to happiness, abundance, and success".

About the Author:

Christy Whitman is the author of *Perfect Pictures* (GMA Publishing), which focuses on releasing the expectation that one be perfect, and *Why Did She Choose Suicide?* (GMA Publishing), which helps individuals move through the pain and heal from the experience of having had a loved one commit suicide. Christy has spent the majority of her professional life in sales and marketing, where she experienced great success as a businesswoman. She earned top honors in every company she was employed. Christy is a captivating and dynamic speaker. She consistently speaks in front of large groups nationally on topics of busting perfect pictures and how to heal once someone commits suicide. Christy lives in Philadelphia, PA.