



# Present Over Perfect Study Guide: 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.

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. These five sessions will inspire participants to discover their own path to this more fulfilling way to do life.



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