



# **Anna quindlen : a short guide to a happy life and being perfect**

*Anna Quindlen*

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## **Anna quindlen : a short guide to a happy life and being perfect** Anna Quindlen

From beloved author and columnist Anna Quindlen, comes two timeless bestsellers, **A Short Guide to a Happy Life**, and **Being Perfect**. These two treasures are now packaged together and make the perfect gift for someone special.

In **A Short Guide to a Happy Life**, Anna Quindlen reflects on what it takes to "get a life"—to live deeply every day and from your own unique self, rather than merely to exist through your days. "Knowledge of our own mortality is the greatest gift God ever gives us," Quindlen writes, "because unless you know the clock is ticking, it is so easy to waste our days, our lives." Her mother died when Quindlen was nineteen: "It was the dividing line between seeing the world in black and white, and in Technicolor. The lights came on for the darkest possible reason....I learned something enduring, in a very short period of time, about life. And that was that it was glorious, and that you had no business taking it for granted." But how to live from that perspective, to fully engage in our days? Here, Quindlen guides us with an understanding that comes from knowing how to see the view, the richness in living.

In **Being Perfect**, Anna Quindlen shares wisdom that, perhaps without knowing it, you have longed to hear: about "the perfection trap," the price you pay when you become ensnared in it, and the key to setting yourself free. Quindlen believes that when your success looks good to the world but doesn't feel good in your heart, it isn't success at all.

She asks you to set aside your friends' advice, what your family and co-workers demand, and what society expects, and look at the choices you make every day. When you ask yourself why you are making them, Quindlen encourages you to give this answer: For me. "Because they are what I want, or wish for. Because they reflect who and what I am. . . . That way lies dancing to the melodies spun out by your own heart."

At the core of this beautiful book lies the secret of authentic success, the inspiration to embrace your own uniqueness and live the life that is undeniably your own, rich in fulfillment and meaning.

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