



PRESENT *not perfect*



A JOURNAL FOR
SLOWING DOWN, LETTING GO,
AND LOVING WHO YOU ARE

Aimee Chase,
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Aimee Chase

Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are



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A beautifully illustrated guided journal that helps ladies decelerate and enjoy life rather than pushing for perfection. This journal cuts to the center of the issue by showing females how to reconnect with their internal selves through solitude, introspection, and contemplation of what's truly important to them as individuals and family members. Many women today are frantic, lost within an endless routine of busyness due to constant pressure to execute up to unrealistic targets of perfection, a lot of which are self-imposed. Give yourself permission to be Present, Not Perfect.



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