Record Nr. UNINA9910797686003321 Autore Cohen Beth Thomas **Titolo** Drop the act, it's exhausting! : free yourself from your so-called puttogether life / / Beth Thomas Cohen with Michele Matrisciani Pubbl/distr/stampa Lanham, Maryland: ,: Taylor Trade Publishing, , 2015 [Place of distribution not identified]:,: National Book Network,, [date of distribution not identified] ©2015 **ISBN** 1-63076-123-0 Descrizione fisica 1 online resource (167 p.) Disciplina 158.10207 Soggetti Self-acceptance in women Self-realization in women Self-esteem in women Women - Psychology Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. CONTENTS; INTRODUCTION; Ch01. The Act: Fake It till You Make It; Nota di contenuto Ch02. The Act: Love and Marriage-I Have It Made: Ch03. The Act: I Am a Prenatal Gestating Supermom (and Have Only Gained a Pound So Far. . . .); Ch04. The Act: My Baby Can Read! And Other Ridiculous Things You'll Say and Do after Baby; Ch05. The Act: Forty Is the New Twenty; Ch06. The Act: Sticks and Stones May Break My Bones, but Words Will Never Hurt Me; Ch07. The Act: You Can Have It All; Ch08. The Act: Better to Be Safe Than Sorry; Ch09. The Act: Look How Far We've Come; **ACKNOWLEDGMENTS**