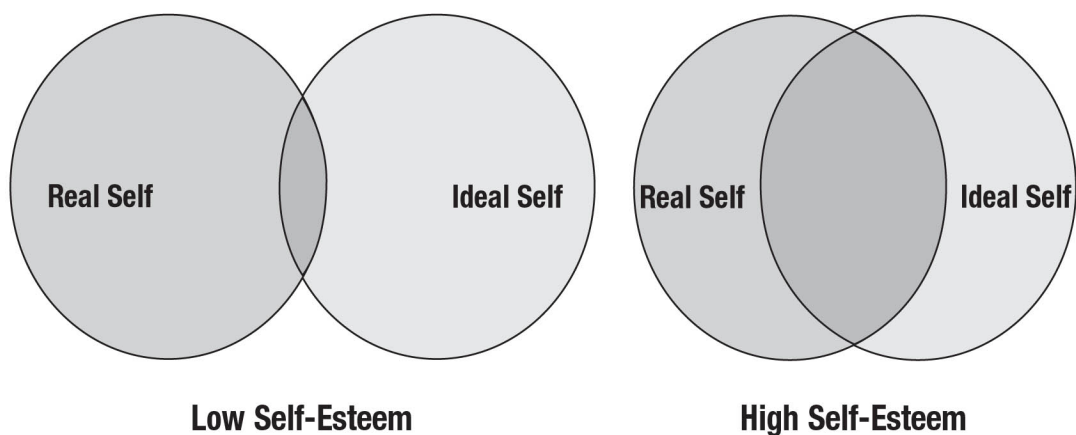


# You and Your Ideal

**FIGURE 4.2**



**Striving for Perfection** The further away our ideal self is from our real self, the more our self-esteem suffers. *How can you control the gap between your real and ideal self?*