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April 28th 2016: How Perfect Do We Need to Be?

How perfect do we need to be? Lauren Eliz helps women answer that question for themselves and find self-confidence perhaps for the first time. And she talks about NOT being perfect. If you visit her website you will see a lot of information about body, mind, soul and fun. Yes, fun. On her "About" page you will find a tab for "My Imperfections" where you will read, "How I learned to Love Myself and Accept That I Will Never Be Perfect." She said to me, "We can talk relationships and my experience with sexual abuse and finding self-love again — or my career decisions and finding the job I loved,

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Featured Guest



Lauren Eliz

Lauren Cioffi (AKA Lauren Eliz) is a 27-year-old happiness guru and founder of the What is Perfection Blog. She is a life coach and speaker whose main focus is helping women find self-confidence and teaching them to live happy and fulfilling lives. A former news producer for CBS News, Lauren left her life in Manhattan to pursue her dream of helping inspire other women find happiness and self-love. <https://whatisperfection.com>

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