



# Flawless: The Ten Most Common Character Flaws And What To Do About Them

*Louis A. Tartaglia*

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**Flawless: The Ten Most Common Character Flaws And What To Do About Them** Louis A. Tartaglia  
In the bestselling tradition of *Your Erroneous Zones*, a prominent psychiatrist identifies the top ten character flaws that undermine our chances to succeed in life, including time-tested ways to overcome them.

Are you addicted to being right? Do you need to point the finger of blame toward everyone but yourself? When you get angry, does your upset quickly escalate into a state of raging indignation? Then you, like many others, are suffering from character flaws that have undoubtedly held you back in your work, relationships, and life, says Dr. Louis Tartaglia.

In *Flawless!*, Dr. T. identifies the ten character flaws that have cropped up most frequently in the thousands of patients he has seen in his practice over the last twenty years. In order of frequency, the ten flaws are

- \*Addicted to Being Right
- \*Raging Indignation
- \*Fixing Blame and Nurturing Resentments
- \*The Dread Seekers (Worry and Fear)
- \*Resisting Reality (Intolerance)
- \*The Poor Me or Martyr Syndrome
- \*Self-regard Run Riot
- \*The Excuse for Everything -- Inadequacy
- \*Fault Finders, Hypercritical Pessimists
- \*The Trap, Chronic Dishonesty

The good news, says Dr. T., is that character can be improved by working on the behavior that undermines it. Using case studies from his practice, colorful anecdotes, and prescriptive advice, he demonstrates how we can get unstuck and live a more peaceful, productive, and happy life.

"Character flaws are just holes in our soul," Dr. T. writes, explaining that filling in the holes is one of the most priceless exercises we have to grow.

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