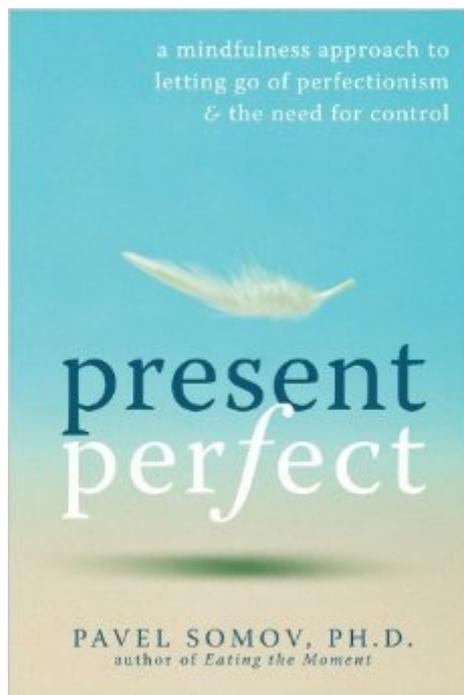


The book was found

Present Perfect: A Mindfulness Approach To Letting Go Of Perfectionism And The Need For Control



Synopsis

A revolutionary approach to overcoming perfectionism! A recent, randomized study published by *Mindfulness Journal* shows that *Present Perfect* is effective as a standalone intervention. The study found that those who had read the book experienced a statistically significant reduction of self-criticalness, a result that was still maintained at a six weeks follow-up (Wimberley, Mintz, & Suh, *Mindfulness*, Nov. 2015). While there's no doubt that setting high standards for yourself is a good thing, you've probably already noticed that perfectionism can come at a high price. And when you take steps to try to change, it's easy to be too hard on yourself and fall into the same traps that keep you feeling stressed and disappointed. This book presents a revolutionary approach to overcoming perfectionism—a way to transform your need for precision into self-acceptance, compassion, and love for each perfectly imperfect passing moment in our lives. In *Present Perfect*, you'll use the Buddhist psychology of mindfulness to learn to accept the present moment in all of its ordinary perfection. This book is filled with over 150 exercises and meditations that you can practice to become more flexible toward yourself and others without losing your love of a job well done. With this compassionate approach, you'll soon be able not only to accept life as it is, but also become more accepting and forgiving of yourself and others.

Book Information

Paperback: 208 pages

Publisher: New Harbinger Publications; 1 edition (June 3, 2010)

Language: English

ISBN-10: 1572247568

ISBN-13: 978-1572247567

Product Dimensions: 6.2 x 0.5 x 9.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (34 customer reviews)

Best Sellers Rank: #53,293 in Books (See Top 100 in Books) #100 in Books > Health, Fitness &

Dieting > Mental Health > Mood Disorders #233 in Books > Health, Fitness & Dieting >

Psychology & Counseling > Personality #6294 in Books > Self-Help

Customer Reviews

This is a very good book. Highly recommended. Right from the start, I felt understood with the idea that OCPD is a real state of being. While I don't need a label to define my perfectionism, the idea that it is a pattern of behavior and thought that is readily recognized was pretty validating. Before

going further, I must say something about "mindfulness" in its title. If you're interested in self-work, you have likely almost started to become drowned in mentions of mindfulness. Here is where this book differs big time. Rather than just an emphasis on focusing on *noticing* and letting things be and breath meditations, Somov's book does something amazing that I had not even realized I was missing in previous forays into mindfulness: he helps you become mindful through concrete behavioral exercises. Now wait! Before you run away, I need you to know that these exercises are not difficult but rather simple and render often immediate awareness, sometimes gradual awareness. I concretely still am aware of some of the realizations. Beyond the excellent exercises themselves, Somov's style of writing is excellent and concise, explaining seemingly obvious assumptions in ways that show that they are only assumptions. He never forces, only encourages. Present Perfect has really helped me with the suffering I was feeling due to my perfectionism. I have helped create a space now between the urge to succeed at an ill-defined but overly stressful level, now seeing that (as much as I am disliking this saying lately) it is what it is. It's okay if I fall short. I want to do well and sometimes I do, sometimes I don't, sometimes I don't even try, sometimes I make special effort to do especially well, and it's all ok.

[Download to continue reading...](#)

Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control
Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Wedding Dresses - A Picture Guide Book For Wedding Dress and Gown Inspirations: A Picture-Perfect Guide To Selecting The Perfect Wedding Gown Is The Perfect ... For Brides-To-Be (Weddings by Sam Siv 7) Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism How to Be an Imperfectionist: The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation Cognitive-Behavioral Treatment of Perfectionism Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) Mindfulness and the 12 Steps: Living Recovery in the Present Moment

MINDFULNESS: The Bullshit Free Guide To Living a Ridiculously Happy Life - How To Be Present, Peaceful & Content (Transcendental Meditation, Yoga Poses, ... Stress Reduction, How to be Happy) Too Perfect: When Being in Control Gets Out of Control Perfect Control: A Driver's Step-by-Step Guide to Advanced Car Control Through the Physics of Racing (The Science of Speed) (Volume 2) Teddy Bears Past and Present, Vol. 2 (Teddy Bears Past & Present) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) The Mindfulness Solution for Intense Emotions: Take Control of Borderline Personality Disorder with DBT Pain Control for Dental Practitioners: An Interactive Approach: Manual and CD-ROM (Royer, Pain Control for Dental Practitioners)

[Dmca](#)