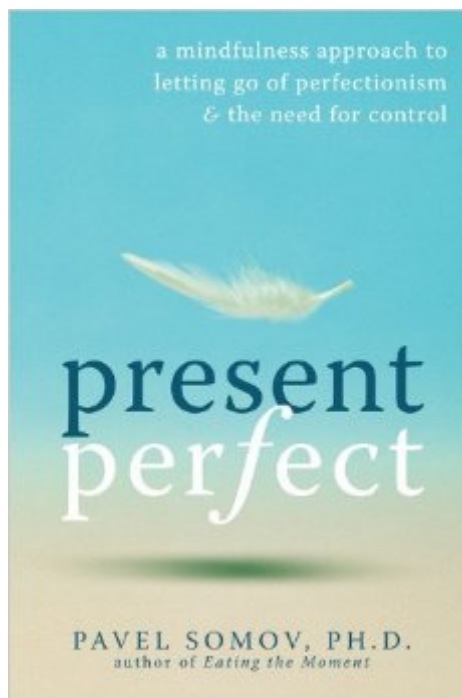


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# Present Perfect: A Mindfulness Approach To Letting Go Of Perfectionism And The Need For Control



## 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

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## 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.

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