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## Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism the Need for Control

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By Pavel G Somov Phd

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. 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 beat yourself up 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. This brilliant and practical new book is designed to help alleviate the excess stress and dissatisfaction of perfectionism, one of...



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