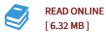




# Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control (Paperback)

By Pavel G. Somov

New Harbinger Publications, United States, 2010. Paperback. Condition: New. Language: English. Brand new Book. 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.



#### Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch

### You May Also Like



#### Corporate Financial Reporting (Paperback)

MacMillan Education UK, United Kingdom, 2017. Paperback. Condition: New. 1st ed. 2017. Language: English. Brand new Book. This engaging new textbook takes a refreshing approach to the subject of intermediate level financial reporting. As well as presenting the IFRS clearly, with global,...



### Nandigram Bio-Cultural and Ecological

2016. Hardcover. Condition: New. 171 ABOUT THE BOOK:- Nandigram, a riverine village in southern West Bengal, is well known all over the globe after the tragedy in 2007 on the conflicting issue of proposed land acquisition for petro-chemical hub. The movement itself...



### The Next Person You Will in Heaven: The sequel to The Five People You Meet in

Brown Book Group Little Okt 2018, 2018. Buch. Condition: Neu. Neuware - Fifteen years ago, in Mitch Albom's beloved novel, The Five People You Meet in Heaven, the world fell in love with Eddie, a grizzled war veteran-turned-amusement park mechanic who...



### Alfred's Basic Piano Library Recital Book Complete, Bk 1: For the Later Beginner (Panerhack)

Alfred Music, N/A, 1983. Paperback. Condition: New. Language: English. Brand new Book. The Recital Books congratulate students for a job well done by providing correlated repertoire to their Lesson Books that are based on concepts they've already learned. As a result, the...



## Alfred's Basic Piano Library Recital Book Complete, Bk 2 & 3: For the Later Beginner (Paperback)

Alfred Music, N/A, 1992. Paperback. Condition: New. Language: English. Brand new Book. The Recital Books congratulate students for a job well done by providing correlated repertoire to their Lesson Books that are based on concepts they've already learned. As a result, the...



#### On the Doctrines of the Modernists (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Excerpt: Gravity of the Situation 2. That We make no delay in this matter is rendered necessary especially by the fact that the partisans of error are...