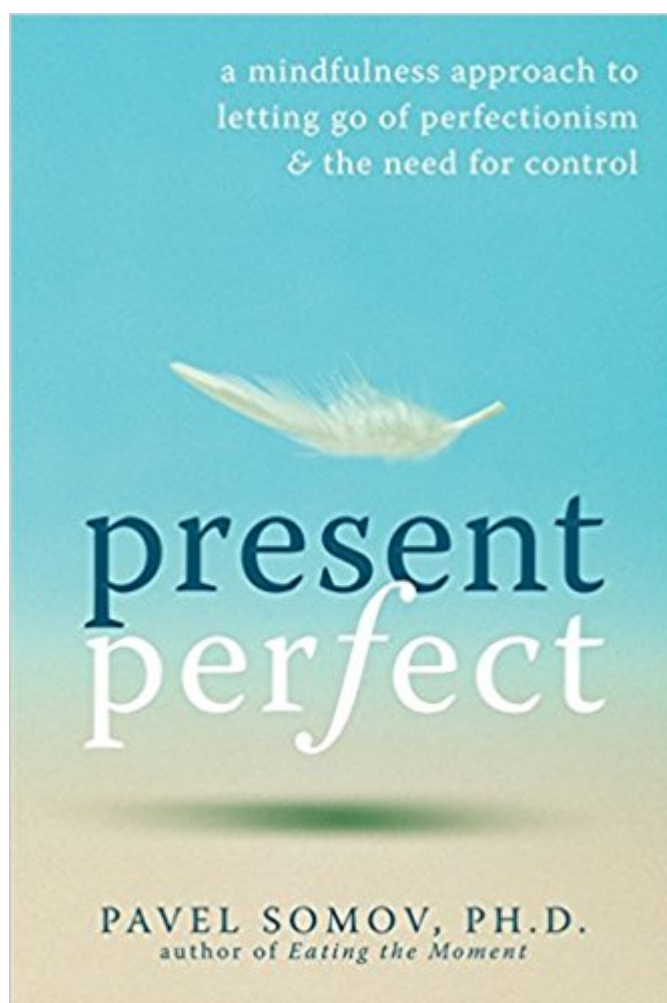




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# Present Perfect: A Mindfulness Approach To Letting Go Of Perfectionism And The Need For Control



## 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

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: 4.4 out of 5 stars 43 customer reviews

Best Sellers Rank: #59,667 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #297 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #5873 in Books > Self-Help

## Customer Reviews

“This brilliant and practical new book is designed to help alleviate the excess stress and dissatisfaction of perfectionism, one of the main practices of the extremely popular, if unheralded,

religion I lovingly call Control Freakism. Pavel Somov gives us numerous helpful awareness exercises, conscious inquiries, insights, mindfulness practices, original perspectives, and penetrating ideas, all conducive to helping us free ourselves from this tyrannical inner demon and experience the radiant reality of things just as they are. Acceptance has its own transformative magic, and I heartily recommend this work to all who want to transform, awaken, and edify.

• Lama Surya Das, founder of Dzogchen Meditation Centers and author of *Awakening the Buddha Within* “Rarely does a work of art like *Present Perfect* fall upon one’s desk. This book allows us to transform existential pain caused by our need to be perfect. This book is abundant with tools and ideas that equip the reader to resolve guilt, shame, and perfectionism. Once you accept and surrender your perfectionism, the magical paradox of mindfulness as a healer will unfold.

• Ronald A. Alexander, Ph.D., executive director of the Open Mind Training Institute and author of *Wise Mind, Open Mind* “Even those of us with a lot of self-help reading under our belts will experience many a-ha moments while immersed in *Present Perfect*. Somov’s approach is highly logical, creative, resourceful, and compassionate. Never once will you feel judged; instead, you’ll feel understood. I highly recommend this valuable resource to therapists and anyone with perfectionist tendencies.

• Dina Cheney, author of *Tasting Club* and *Williams-Sonoma’s New Flavors for Salads* “*Present Perfect* takes a wholly fresh look at an age-old problem by applying a generous dose of the healing salve of mindfulness. Filled with fascinating references and down-to-earth examples, this book skillfully guides the reader through exercises and strategies that can transform the paralyzing and demoralizing pattern of perfectionism. *Present Perfect* is the perfect way to liberate yourself from the guilt, shame, and blame of perfectionism and rediscover the freedom of living in the *Ēwhat is.*

• Donald Altman, psychotherapist, former Buddhist monk, and author of *The Mindfulness Code* “Pavel Somov offers an intelligent, witty, and compassionate critique of perfectionism and makes a compelling case that life is already perfect. I found this book to be thoroughly enjoyable and personally and professionally useful from the first page. I feel as comfortable recommending this book to my colleagues as I do to my patients and am confident that both will find it of tremendous value in their lives. Since perfectionism is often the other side of compulsive and addictive behavior, this book will be relevant to all who seek more moderation and balance in their lives.

• Andrew Tatarsky, Ph.D., clinical psychologist in New York City specializing in treating addictive behavior and author of *Harm Reduction Psychotherapy* “In this book, Somov not only provides a plethora of highly accessible and instantly applicable ways to connect with mindful awareness, but also

provides lucid and rational ways to dethrone the inner tyrant of perfectionism and fully live in the completeness of each moment. • Cassandra Vieten, Ph.D., director of research at the Institute of Noetic Sciences and author of Mindful Motherhood • “Licensed psychologist Somov has found that clients can make progress in the areas of tolerating uncertainty, refraining from harsh self-judgment, and reducing anxious feelings by doing mindfulness exercises. Essentially, the more they accept the moment, the more they can accept themselves. Verdict: Present Perfect, one of the most helpful in the OCPD self-help arena.” • Deborah Bigelow, Leonia P.L., NJ

In Present Perfect, psychologist Pavel Somov presents a mindfulness approach that people with perfectionism, obsessive compulsive personality disorder (OCPD), and related controlling tendencies can use to overcome their fear of failure.

Great book.. really helped me realize that being perfect is a state where nothing can further be improved. Since the past/present moment can no longer be improved, it is therefore perfect... which is really comforting. That is not to say that you cannot change your future if you are not satisfied with the present, but just comfort in knowing that what is, is. It cannot be changed. It is perfect.

As a perfectionist myself, this is the most helpful book I've ever read. Dr. Somov gives not only brilliant insights that help you understand why we do the things we do, but also very practical changes that we can make. Each chapter has short yet effective exercises to demonstrate his points and encourage your growth. The book is extremely well written and easy to follow. He makes his points clearly and concisely. I recommend it for anyone struggling with perfectionism, but his principles really apply to all of us.

I have not finished the book yet, but what I have read so far is excellent. The writer creates a different view on perfection thereby creating the space to move to a different pattern of acting. I liked the way perfectionism was sub-divided in three different types. I will certainly use the techniques and theory in this book to change my own approach to things and will use it in personal coaching sessions as well. I have already recommended it to others.

This book has greatly improved my life in just the week I spent reading it. Rather than working on behavior and outcomes, it fights perfectionism at its core: improper thoughts. It breaks down the

logical defenses of perfectionism until you are left with your perfectionist beliefs struggling under reality. Several times the author would correctly identify my beliefs and thoughts, then just as logically break them down. It has made me a happier person. If you feel perfectionism describes you, then this book is an excellent consideration.

Among books dealing with understanding and overcoming perfectionism and its tendencies, this was the best that I have ever read. Using clear and concise wording and incorporating a great number of examples, Dr. Somov defines the underlying beliefs and addresses them sequentially throughout the book. Chapter 2 alone - with its redefining of perfection - is worth the entire price of the book. This book was an invaluable gift to my friends and family members who also struggled. I cannot recommend any book on dealing with perfectionism more highly than this one - I'd give it 10 stars for the impact it has had on my life.

If you feel stressed out most of the time, always worrying about the outcome of your work-related projects, over-reacting or over-analysing your interactions with other people, this book is for you. Perfectionism is an unattainable standard, expecting perfectionism from yourself or others will lead to an unhappy life. This book will help you change your perspective and embrace our imperfect life and the imperfect world.

Absolutely amazing! If you can read a bit between the lines and really think about the themes that the author shows to you and roll up with all the exercises, then this can become one of the few books - if not the only one from the entire world of the self help, that can actually change your life - It is currently changing mine

I really enjoyed this book. It's incredibly helpful to those who recognize/identify themselves as just "type A", but really have perfectionism issues. This book helps to describe mindsets of what it looks like or how to manage. Very easy to read and simple exercises, that, if used correctly will help to curb the perfectionistic tendencies. Would definitely recommend to anyone looking for a way to recognize and manage destructive behaviors.

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