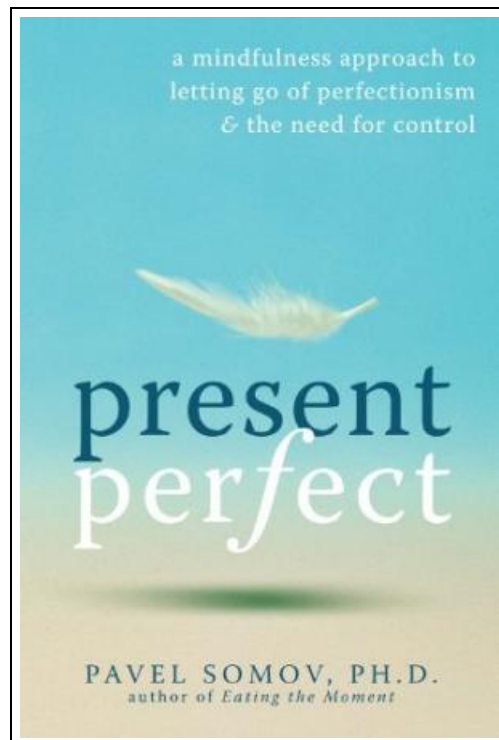


Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism the Need for Control



Filesize: 5.44 MB

Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).
(Jamar Stracke)

PRESENT PERFECT: A MINDFULNESS APPROACH TO LETTING GO OF PERFECTIONISM THE NEED FOR CONTROL

[DOWNLOAD](#)

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 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* Even those of us with a lot of...

[Read Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism the Need for Control Online](#)[Download PDF Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism the Need for Control](#)

Other Kindle Books



Scholastic Discover More Animal Babies

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.6in. x 0.5in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the...

[Download](#) [ePub](#)

»



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download](#) [ePub](#)

»



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had...

[Download](#) [ePub](#)

»



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Download](#) [ePub](#)

»



Angels Among Us: 52 Humorous and Inspirational Short Stories: Lifes Outtakes - Year 7

Publishing Inspiration. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.52 Humorous And Inspirational Short Stories!52 humorous and inspirational short stories from year 7 of...

[Download](#) [ePub](#)

»