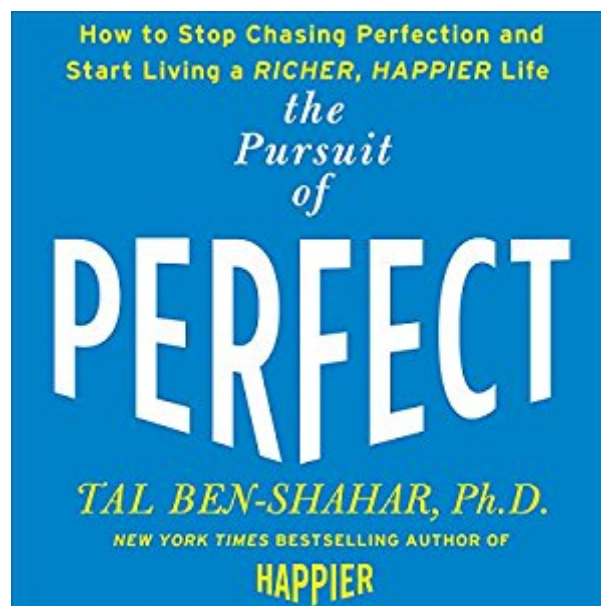




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Pursuit Of Perfect: How To Stop Chasing And Start Living A Richer, Happier Life



Synopsis

DO YOU WANT YOUR LIFE TO BE PERFECT? We're all laboring under our own and society's expectations to be perfect in every way-to look younger, to make more money, to be happy all the time. But according to Tal Ben-Shahar, the New York Times bestselling author of *Happier*, the pursuit of perfect may actually be the number-one internal obstacle to finding happiness. OR DO YOU WANT TO BE HAPPY? Applying cutting-edge research in the field of positive psychology-the scientific principles taught in his wildly popular course at Harvard University-Ben-Shahar takes us off the impossible pursuit of perfection and directs us to the way to happiness, richness, and true fulfillment. He shows us the freedom derived from not trying to do it all right all the time and the real lessons that failure and painful emotions can teach us. YOU DON'T HAVE TO BE PERFECT TO BE PERFECTLY HAPPY! In *The Pursuit of Perfect*, Tal Ben-Shahar offers an optimal way of thinking about failure and success--and the very way we live. He provides exercises for self reflection, meditations, and "Time-Ins" to help you rediscover what you really want out of life. Praise for Tal Ben-Shahar's *Happier*: "This fine book shimmers with a rare brand of good sense that is embedded in scientific knowledge about how to increase happiness. It is easy to see how this is the backbone of the most popular course at Harvard today." -Martin E. P. Seligman, author of *Authentic Happiness*

Book Information

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Customer Reviews

"Perfectionism and optimalism are not distinct ways of being, an either-or choice, but rather they coexist in each person. And while we can move from perfectionism toward

optimalism, we never fully leave perfectionism behind and never fully reach optimalism ahead. The optimalism ideal is not a distant shore to be reached but a distant star that guides us and can never be reached. As Carl Rogers pointed out, "The good life is a process, not a state of being. It is a direction, not a destination." Tal Ben-Shahar from *The Pursuit of Perfect* is quickly becoming my favorite author/teacher. In fact, he might already be there. :) As a former Harvard professor who taught THE most popular class in Harvard's history (on Positive Psychology), he's an incredible blend of brilliant thinker, passionate teacher, scientific realist and get-out-and-rock-it-dreamer. LOVE. His first book, *Happier*, provides us with an inspiring snapshot on the science of happiness packed with wisdom and exercises we can immediately apply to our lives. This book is all about understanding the perils of pursuing a life of perfection and offers an empowering alternative: the way of the "Optimalist." It's one of those books that's an absolute joy to read and a challenge to write a Note on because the book is basically one unending string of *really* Great Ideas. Here are a handful of my favorites Big Ideas: 1. Perfectionism - vs. Optimalism. 2. Fault Finders - vs. Benefit finders. 3. Time to Fail More? - Seriously. Get on that! :) 4. Active Acceptance - & Choices and actions. 5. Appreciate - Two meanings. So, let's remember the Platinum Rule as we go out and rock our greatest Optimalist lives: "Do not do unto yourself what you would not do unto others." More goodness including Philosophers' Notes on 300+ books in our *OPTIMIZE* membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

Tal has an incredibly engaging writing style. He articulates the complex intricacies of perfectionism in simple, easy to digest chunks. This makes it very easy to identify and relate to the principles and experiences that he writes about. While I haven't completed many of the exercises/meditations from the book, as I'm not completely finished reading it, it has already brought me great peace knowing that I am not alone. As a struggling perfectionist, it has given me great hope that I can change, become human again, and feel and accept the full range of human emotion after being a perfectionist for so many years. This book is one of very few books that I would recommend in recognition of, and recovery from perfectionism.

my favorite author and another great book!

This book made me realize that I have always been a perfectionist and that it is one of the reasons I have always suffer of depression... Now that I understand more about this, and that we can and should be optimalists, Im sure I can learn to live more happily and punishing myself less and less after a mistake or failure. Great book. Highly recommend it !!!!

I think the title of the book could be misleading for some people, as many wouldn't label themselves as perfectionists , Tal Ben Shahar proves in his theory that we all have struggles in perfectionism in one field of life or another which is very true to me. I prefer to call this book: The book of change, in which the author takes us into a journey of self reflections, self insights & subsequently a chance for a meaningful change only through the HARD WORK of sincere implementations of the exercises.His unique writing style mingles philosophy & the best of academic research in cognitive psychology all together in a persuasive presentation. The exercises are persuasive enough because they all stand on the solid ground of empirical evidence.What took me in awe were the closing 10 meditations, or better to call them the 10 wisdoms .In conclusion, a unique work indeed, bringing a deeper and more mature level, for a more happier life.

This is a beautiful book that's trying to help people who cannot have enough and keep chasing more and almost impossible dreams. In most cases, results can be very devastating. I like the book because Mr. Ben-Shahar is trying to show us that we cannot have it all. We need to take into account of our previous failures and draw lessons from them in order to avoid falling in the same trap. We also need to seek wisdom from the older generation who have gathered more experience over time. I would recommend the book to my children and friends.

Has Tal Ben-Shahar written any bad books?! The guy is a pioneer in happy psychology and will to pave the way for psychology as a whole. I just love reading his books and will be a lifetime fan of his.Wish I could sit with Tal and pick his brain more!

After reading a few reviews all the points I wanted to make are already covered. It's an excellent book for therapists and layman alike.

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