



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

Pavel G Somov PhD

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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 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**

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**

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**

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Eli Benton:

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Sandra Bland:

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