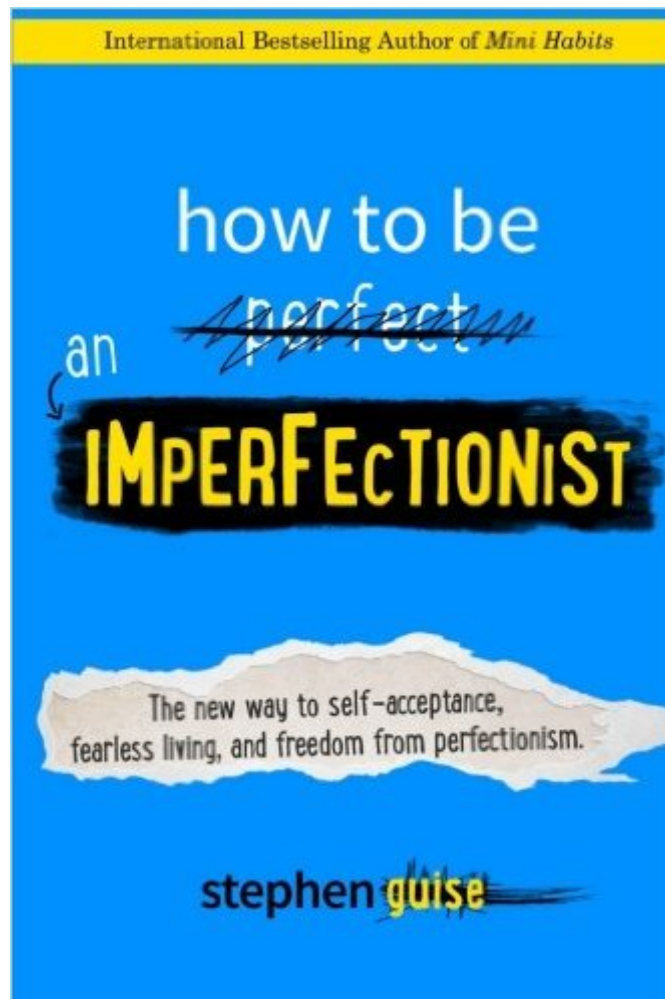


The book was found

How To Be An Imperfectionist: The New Way To Self-Acceptance, Fearless Living, And Freedom From Perfectionism



Synopsis

From an early age, kids are taught to color inside the lines, and any color that strays outside the lines is considered to be a mistake that must be avoided. Perfectionism is a naturally limiting mindset. Imperfectionism, however, frees us to live outside the lines, where possibilities are infinite, mistakes are allowed, and self-judgment is minimal. The old way to approach perfectionism was to inspire people to "let go" of their need for perfection and hope they could do it. The new way is to show people how simple but highly strategic "mini actions" can empower them to gradually and effortlessly "let go" of perfectionism. This book applies the science of behavior modification directly to the roots of perfectionism, resulting in a new and superior method for change. Imperfectionists aren't so ironic as to have perfect lives: they're just happier, healthier, and more productive at doing what matters.

Book Information

Paperback: 166 pages

Publisher: Selective Entertainment LLC; 1 edition (June 4, 2015)

Language: English

ISBN-10: 0996435409

ISBN-13: 978-0996435406

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.9 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (67 customer reviews)

Best Sellers Rank: #67,568 in Books (See Top 100 in Books) #109 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #445 in [Books > Self-Help > Self-Esteem](#) #1738 in [Books > Self-Help > Relationships](#)

Customer Reviews

I really only bought this book because I liked Guise's Minihabits book so much. I didn't really consider myself a perfectionist, but I discovered I could use a lot more information from this book than I expected. I also was concerned this book would have too much overlapping content from Guise's Minihabits book and blog posts, but it had a lot that I hadn't seen before. PROS: First, the structure of this book is really clear and usable. I loved that Guise didn't waste our time with a lot of "here's how to know if you're a perfectionist" drivel and instead focused on understanding perfectionism, its causes, and its solutions. In particular, I found Guise's review of the academic literature on perfectionism to be both conscientious and valuable. It does seem true that when

academics are talking about perfectionism being good, they are focusing on the aspects that aren't really a focus on perfection (like "seeking excellence" or "being organized"). Guise also does a great job simplifying the categories that the academics used and adding ones of his own when needed. Next, Guise does a great job explaining how perfectionism has to be perceived as something bad if any real progress is to be made. So long as you are secretly congratulating yourself on your "flaw" of wanting everything to be perfect, you won't understand just how pervasive the problem is or be very effective in changing it. Thirdly, Guise flummoxed me by introducing new (to me) aspects of perfectionism: insisting that the context be perfect in order for you to take action ("I'm going to speak up at the meeting at work today...no, actually, Jamie's here, and he talks too much so no one will hear me...").

[Download to continue reading...](#)

How to Be an Imperfectionist: The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)
Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy
Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series)
Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet)
Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies)
Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival)
Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook)
The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (New Harbinger Self-Help Workbook)
Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism
Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control
Cognitive-Behavioral Treatment of Perfectionism
NAVY SEAL: Self Discipline: How to Become the

Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS
FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!)
(Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio
Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for
Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) The Gift of Our Compulsions:
A Revolutionary Approach to Self-Acceptance and Healing Living Beyond Your Pain: Using
Acceptance and Commitment Therapy to Ease Chronic Pain Fat to Fearless: Enjoy Permanent
Weight Loss and End Emotional Eating...For Good!

[Dmca](#)