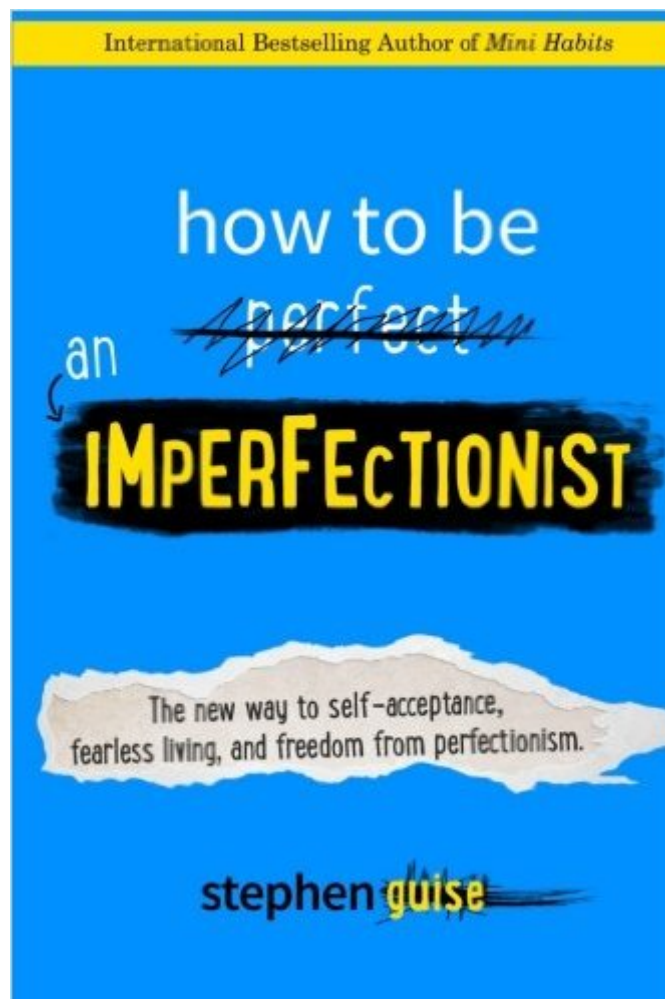


The book was found

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

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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...")

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