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In his book, *The Pursuit of Perfect*, author Tal Ben-Shahar, Ph.D. narrows in on this topic with a look at the barriers constructed by perfectionism in setting, achieving and enjoying

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personal goals.

His antidote to perfectionism is “optimalism,” a

term whose life was no doubt conceived from early

researchers' description of the concept of positive

psychology as the “scientific

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Name: Tal Ben-
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Not the lightest read ever, but it's potentially invaluable. 2
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and frank self-
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perfect; where every single second is great? Where there isn't a single track that you'll skip and that it is cumulatively greater than the sum of its parts.

Not One Wasted

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Here's a quick look at a few of my favorite Big Ideas from Tal Ben-Shahar's *brill...

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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

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The life and career of Nicklas Lidstrom almost reads like a real-life hockey fairy tale. Drafted by the Detroit Red Wings as a 19-year-old defenseman out of his native Sweden, Lidstrom spent the next

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two decades
manning the
Motor City
blueline. During
those years he
became a
Hockeytown
legend, amassing
a mind-boggling
collection of
accomplishments
and accolades:
four Stanley
Cups, seven

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Norris Trophies as the NHL's best defenseman, a Conn Smythe Trophy, 12 All-Star selections, and gold medals in both the Olympics and World Championships. Off the ice, life appears equally idyllic:

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Lidstrom is uniformly respected and admired by opponents, observers, and teammates alike, and he and his wife of more than 20 years have four boys who split their time between Sweden and their

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adopted How To
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Perhaps only one
question remains

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Jack Hemlick was a perfectionist and hated losing at anything. So,

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When an argument with his sister Kathryn goes too far and she kicks him out of her luxurious home, he decides to take up an offer to spend two weeks at a new island resort in the South Pacific. Hoping

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that the break would do them both good, Jack is first whisked to Panama in a private jet and then to the resort in a gigantic

helicopter. It seemed that no expense was to be spared as his hosts pulled out

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all the stops to make sure that he was going to be well looked after. But once there he soon discovers that everything is almost too good to be true. Why was he invited to spend a vacation at no expense in this

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tiny island that seems to provide everything anyone would ever want? Who is the enigmatic Dr. Ladmile? And will this trip fix the rift between Jack and Kathryn, or just make the gulf between them even wider? Jack

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They present a fascinating and factual story from the rise of estrogen and testosterone use in the 1920s and 1930s to the frenzy around liposuction and growth hormone to the latest research into the genetics of

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aging. The Rothmans reveal what happens when physicians view patients' unhappiness and dissatisfaction with their bodies—short stature, thunder thighs, aging—as though they were diseases to be treated. The

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Pursuit of Perfection takes us from the early days of endocrinology (the belief that you are your hormones) to today's frontier of genetic enhancements (the idea that you are your genes). It lays

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bare the always
complicated and
sometimes
compromised
positions of
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commerce. This
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A revolutionary approach to overcoming perfectionism! A recent, randomized study—published by *Mindfulness Journal*—shows that Present Perfect is effective as a standalone intervention.

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The study found that those who had read the book experienced a statistically significant reduction of self-criticalness, a result that was still maintained at a six weeks follow-up (Wimberley, Mintz, & Suh,

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Mindfulness, To

Nov. 2015).

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

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when you take steps to try to change, it's easy to be too hard on yourself and fall into the same traps that keep you feeling stressed and disappointed.

This book presents a revolutionary

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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

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and forgiving of
yourself and
others.

Perfection And

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version & not

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book. Sample

Book Insights:

#1 I became

Israel's

youngest-ever

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national squash champion in 1987. I was thrilled, but I quickly began to think that my accomplishment was not very significant. I decided that to feel truly happy, I needed to win a world championship. #2

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I had always been afraid of failure, and the thought of not achieving my goals kept me up at night. I spent my first years of college in a state of constant stress and unhappiness.

#3 I had always done well in

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science and
math, so I
decided to
switch my major
from computer
science to
psychology and
philosophy. I
had not realized
until then that
so many people
struggled with
the same issues
I did. #4 The

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Perfectionist To

fears failure,
whereas the
Optimalist

accepts it.

Perfectionism
and optimalism
are not distinct
qualities that

are entirely
independent of
each other. We
should think of
perfectionism

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and optimalism
as lying on a
continuum, and
each of us tends
to a lesser or
greater degree
of one end or
the other of the
continuum.

What kind of
life do you want
for yourself?
What choices

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will create this kind of life? In his New York Times bestseller *Happier*, positive psychology expert Tal Ben-Shahar taught us how to become happier through simple exercises. Now, in *Choose the*

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Life You Want, To
he has a new,
life-changing
lesson to share:

Drawing on the
latest
psychological
research, Ben-
Shahar shows how
making the right
choices—not the
big, once-in-a-
lifetime
choices, but the

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countless small choices we make every day almost without

noticing—has a direct, long-lasting impact on our

happiness. Every single moment is an opportunity to make a conscious choice for a happy and

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