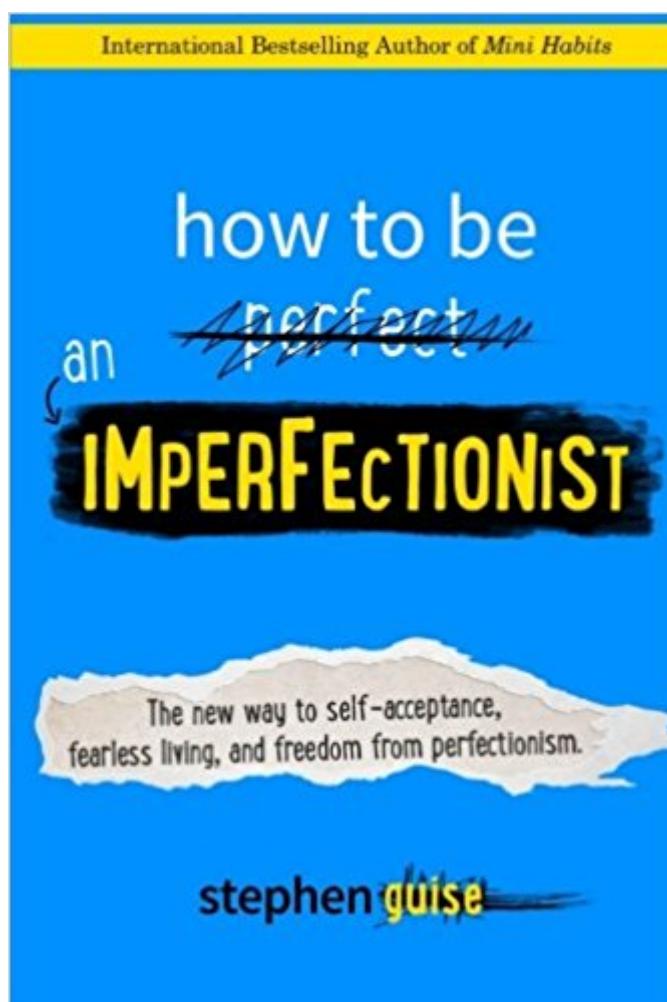


The book was found

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

Stephen Guise has been writing about and researching personal growth strategies since 2004. His first book, *Mini Habits*, has become an international bestseller and is being translated into more than a dozen languages. Stephen enjoys minimalism, playing basketball, and exploring the world.

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...or, oh no, it's an AFTERNOON meeting this time, well, that's a loss because I'll be too tired...or, I'm sitting right next to the boss? that's too much stress, forget it; I won't speak up.") and goal size (assuming a goal has to be a "Standard American Goal"--something other people would use as a goal, a big chunk of obvious success rather than small goals of incremental progress). I didn't think I was very perfectionistic until I read about these kinds. I can see how I've fallen into these perfectionisms time and time again, and just from reading Guise's book, I've already made a lot of progress in changing the way I think about context and goal size. This is especially important to people who liked Guise's *Minihabits* book, because if you are like me, you added some great minihabits, made a lot of progress, and yet still felt somehow whiny and unsatisfied because you were fixated on the external "standardized" major goal. In my case, this meant I made a lot of daily progress in writing a book, but I still felt bad because I didn't have "Publish a book" checked off my imaginary perfectionist list. Why should "publish a book" be the goal? It's too big a chunk to be focusing on right now. I just got lulled into insisting my life wasn't right until this "society-approved" goal was done, and I didn't think any smaller goals or a life of progress could count for anything.

Guise makes a lot of other great points throughout the book, but I don't have time to detail them all! :) I will say that Guise's humor is a plus.

CONS: Because this book was GREAT!, I have mostly nitpicky things to say as cons. The one thing I don't think is nitpicky is that Guise could use a broader group of examples. Nearly all his examples were about exercise, writing, and asking for dates. It is nice to write what you know, but it's also important to know your audience, and I'm sure many of Guise's readers would appreciate seeing how his concepts work for a more varied group of

activities and goals (e.g. environmental goals, meetings at work, repairing a broken marriage, childrearing, saving money, investing, volunteering, apologizing, traveling, doing taxes, caring for an elderly person, being sick, getting along with difficult coworkers, etc.). Probably Guise drew from his own experience and those of his friends, but he may need to ask family members or other people of varying demographic groups (age, marital status, etc) to get ideas for more examples. That said, many readers will do fine adapting Guise's examples to their own cases without any trouble. Now for the nitpicky things: I had hoped for a discussion of perfectionism regarding OTHERS' actions, and that never really came up. If your perfectionism takes the form of insisting that others behave in a certain way, should the action steps be any different? (For example, I often let my husband do the dishes, then I obsess about the food gunk that is still on them afterward, and that makes him feel bad.) Are there any complicating features we need to be aware of? Most perfectionists I know do have a problem in interacting with others, because their own need for perfect results makes them micromanage or scold other people. Should this be handled any differently than more personal forms of perfectionism? Would it matter if the relationship is long-term or just a momentary interaction with a stranger? (e.g. "That cashier just bagged my meat with my vegetables!") Most of Guise's examples involve either no interaction with other people (e.g. exercise) or very limited response from others (e.g. you ask for a date, the other person says "yes" or "no.") Guise also uses the phrase "sunken cost" repeatedly, which I found very awkward. I'm sure "sunken" is better grammar than "sunk cost," but I've only ever heard the phrase "sunk cost," and at some point common use wins out over formalized grammar. It really threw me off trying to read that passage smoothly. Lastly (see how nitpicky I have to be to find flaws?), Guise recommends lying down in public to get over one's fear of social disapproval and says it is harmless. In most places this is probably harmless, but where I lived before (not the U.S.), men actually did this, in order to look up women's skirts. (Often they kept a hand mirror in their pockets for when the angles weren't quite right.) Anyway, just be aware that if you do this, especially if you are male, it may not be perceived as harmless by everybody. Again, probably in most places this won't be an issue. All in all, this was a fantastic book! The cons were really unimportant, and the pros made this book a delight. I especially appreciated Guise's humorous tone. Occasionally, it would even wax a little poetic, like when he wrote: "It's like seeing a dense fog in the woods: danger may lurk behind it, but the allure of its mystery still draws in the curious ones." Nice! I am really happy that this book was so practical and fun.

spot on- the book is perfect in its imperfection. It will have you nodding in agreement, up in arms

that he could so accurately pinpoint your deep seated issues and cause you to ponder the solutions. Yes! Solutions this is a how-to book with how-to solutions that will show you how to accomplish what you need to in order to change. The only problem you may encounter is there is an overwhelming amount of solutions. You may not know where to begin, but Stephen Guise is right there with you, as a friend, with accurate answers, if that's not appealing there is room for you to experiment and test. This book is intense, funny and useful. A guide to return to when you are in need of real life support. One of the better personal development books in the fact that you aren't left confused on where to begin. The information is deep but easy to process one step at a time. This book is laced with scientific evidence on Stephen Guise's key ideas which bring everything together in a nice neat package, ready to devour. Stephanie M Nason- (Author of Vampire Whisperer and book reviewer- accepting book review requests) More reviews from me at www.authorsopinions.wordpress.com

easy to read. basically one idea though (and hints about his other idea which he wrote a book about) however its a good idea. not unhelpful

It is an excellent book for people who are very busy multi-tasking and want to become more successful.

How to be an imperfectionist is a manifesto for an extremely productive and effective approach towards progress in our lives. In the book, Stephen is essentially crafting the argument that perfectionism is one of the largest forces holding us back in our lives, and if we just let go of the idea that everything has to be perfect before we move forward, then we finally give ourselves permission to start moving forwards, albeit awkwardly at first, towards accelerative growth. I loved this book! It really hits the nail on the head with almost every line, and Stephen's writing style is fast, witty, and extremely descriptive. It really ropes you in and allows you to truly understand the mechanism behind growth, which he pretty much sums up as this: any progress is good progress, and thus sometimes you have to take an inch, even if you don't have all the ideal circumstances in place to do so. This is the philosophy of winners. Buy it, read it, study it, and you WILL grow!

It has saved me from the brutal and stifling side of myself, which now feels a breath of fresh air and freedom from the compulsive prison of perfectionism. The amount of mental weight that I've been able to shed since I've started reading is immense. (And I haven't even finished the book yet.) If his

book Mini Habits did anything for you, then you're in for another treat. Very honest and grounded. Thanks Stephen.

Wonderful book! So many great things in here that totally explained the way I've been torturing myself through life for many years. This book highlighted the misperceptions I had about many things with regard to the way I work. And once the craziness was exposed for what it really was - I've been able to recognize the error in my ways and move forward. I've already started applying the techniques from the book and am enjoying more freedom! Stephen Guise is quickly becoming one of my favorite authors.

This book was very well written and explained not only what perfectionism is but also why it can hold us back. This book goes a step further to give us tools to fix the problems we experience with it. I was very impressed with the author's approach to this subject but also the solutions were doable. This book helped me change my outlook!

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