

**PRESENT PERFECT: A MINDFULNESS APPROACH TO
LETTING GO OF PERFECTIONISM AND THE NEED FOR
CONTROL**

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Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control . As someone who is very Type A and controlling of so many aspects, I needed a fresh take on how to let go and enjoy realizing that "it is what it.

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Learn more about the book, Present Perfect perfectionism, Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control.

Present perfect: a mindfulness approach to letting go of perfectionism & the need for control. [Pavel G Somov] -- In Present Perfect, psychologist Pavel Somov presents a mindfulness approach that people with perfectionism, obsessive.

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The book is extremely well written and easy to follow. This book is filled with over exercises and meditations that you can practice to become more flexible toward yourself and others without losing your love of a job well. I really appreciated this book because I found it so applicable. Therewereexercisesthatleftyouscratchingyourheadbuttherewerealsosc After serving in the Soviet military and completing his undergraduate degree at Moscow State Pedagogical University, he immigrated to the United States to pursue a career in psychology. Linked Data More info about Linked Data. Just a moment while we sign you in to your Goodreads account. Ifindtheauthortooftenbepersuasiveinhiswriting,butalsosometimescha serving in the Soviet military and completing his undergraduate degree at Moscow State Pedagogical University, he immigrated to the United States to pursue a career in psychology. He then weaves together these points in a cohesive narrative.