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Ben-Shahar offers an optimal  
way of thinking about  
failure and success--and the  
very way we live. He  
provides exercises for self  
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"Time-Ins" to help you  
rediscover what you really  
want out of life.

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The Pursuit of Perfect: How  
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Happier Life: Author: Tal  
Ben-Shahar: Publisher:  
McGraw Hill Professional,  
2009: ISBN: 0071608834,  
9780071608831: Length: 272  
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## **The Pursuit of Perfect: How to Stop Chasing Perfection and ...**

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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 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 study of optimal human functioning."

## **The Pursuit of Perfect | Psych Central Reviews**

Full Book Name: *The Pursuit of Perfect: How to Stop Chasing Perfection and Start*

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Chasing a Richer, Happier  
Life. Author Name: Tal Ben-  
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Business, Health,  
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Personal Development,  
Philosophy, Productivity,  
Psychology, Self Help. ISBN  
# 9780071608831. Edition  
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TO BE PERFECTLY HAPPY! In  
The Pursuit of Perfect, Tal  
Ben-Shahar offers an optimal  
way of thinking about  
failure and success--and the  
very way we live. He  
provides exercises for self  
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"Time-Ins" to help you  
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## **In Pursuit of a Perfect Spot**

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## **- The New York Times**

The Pursuit of Perfect: How to Stop Chasing Perfection and Start Living a Richer, Happier Life Kindle Edition.

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## **The Pursuit of Perfect: How to Stop Chasing Perfection and ...**

In The Pursuit of Perfection, Dónal McAnallen draws upon Cormac's diaries and frank self-assessments, and his own memories of

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their experiences, to create a remarkable portrait of a young sportsman's mindset and methods. It is both one of the most remarkable GAA books ever written and - in its intimacy and depth - a book that transcends Gaelic games.

## **The Pursuit of Perfection: The Life, Death and Legacy of ...**

The Pursuit of Perfect Packing is a book on packing problems in geometry. It was written by physicists Tomaso Aste and Denis Weaire, and published in 2000 by Institute of Physics Publishing  
(doi:10.1887/0750306483,

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(ISBN 0-7503-0648-3) with a second edition published in 2008 by Taylor & Francis (ISBN 978-1-4200-6817-7).

## Topics

### **The Pursuit of Perfect Packing - Wikipedia**

Coauthored by one of the creators of the most efficient space packing solution, the Weaire-Phelan structure, *The Pursuit of Perfect Packing, Second Edition* explores a problem of importance in physics, mathematics, chemistry, biology, and engineering: the packing of structures. Maintaining its mathematical core, this edition continues and revises some of the

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stories from its predecessor while adding several new examples and applications.

## **The Pursuit of Perfect Packing - 2nd Edition - Denis ...**

This is not about favourites though. This is about something altogether rarer and more elusive. How many albums can you think of that are 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 Second; The Pursuit of the Perfect Album**

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In The Pursuit of Perfect,  
Tal Ben-Shahar offers an  
optimal way of thinking

about failure and

success--and the very way we  
live. He provides exercises  
for self reflection,  
meditations, and "Time-Ins"  
to help you rediscover what  
you really want out of life.

**The Pursuit of Perfect by  
Tal Ben-Shahar - Curtis  
Brown**

<http://www.PhilosophersNotes.com>  
The Pursuit of Perfect  
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union and a brighter future  
for all Americans.

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DO YOU WANT YOUR LIFE TO BE  
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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 New York Times  
bestselling author of  
Happier, the pursuit of  
perfect may actually be the  
number-one internal obstacle  
to finding happiness. OR DO  
YOU WANT TO BE HAPPY?

Applying cutting-edge  
research in the field of  
positive psychology-the  
scientific principles taught  
in his wildly popular course

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at Harvard University—Ben-Shahar takes us off the impossible pursuit of perfection and directs us to the way to happiness, richness, and true fulfillment. He shows us the freedom derived from not trying to do it all right all the time and the real lessons that failure and painful emotions can teach us. YOU DON'T HAVE TO BE PERFECT TO BE PERFECTLY HAPPY! In *The Pursuit of Perfect*, Tal Ben-Shahar offers an optimal way of thinking about failure and success--and the very way we live. He provides exercises for self reflection, meditations, and "Time-Ins"

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to help you rediscover And what  
you really want out of life.  
Praise for Tal Ben-Shahar's  
Happier: "This fine book

shimmers with a rare brand  
of good sense that is  
embedded in scientific  
knowledge about how to  
increase happiness. It is  
easy to see how this is the  
backbone of the most popular  
course at Harvard today."

-Martin E. P. Seligman,  
author of Authentic  
Happiness

Can You Learn to Be Happy?  
YES . . . according to the  
teacher of Harvard  
University's most popular  
and life-changing course.  
One out of every five

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Harvard students has lined up to hear Tal Ben-Shahar's insightful and inspiring lectures on that ever-elusive state: HAPPINESS. HOW? Grounded in the revolutionary "positive psychology" movement, Ben-Shahar ingeniously combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. He weaves them together into a set of principles that you can apply to your daily life. Once you open your heart and mind to Happier 's thoughts, you will feel more fulfilled, more connected . . . and, yes, HAPPIER. "Dr. Ben-Shahar, one of the most

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popular teachers in  
Harvard's recent history,  
has written a personal,  
informed, and highly

enjoyable primer on how to  
become happier. It would be  
wise to take his advice."

--Ellen J. Langer, author of  
Mindfulness and On Becoming  
an Artist "This fine book  
shimmers with a rare brand  
of good sense that is  
imbedded in scientific  
knowledge about how to  
increase happiness. It is  
easy to see how this is the  
backbone of the most popular  
course at Harvard today."

--Martin E. P. Seligman,  
author of Authentic  
Happiness

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In 1998 Thomas Hales And Start Living A Richer Happier Life Tal Ben Shahar dramatically announced the solution of a problem that has long teased eminent mathematicians: what is the densest possible arrangement of identical spheres? The Pursuit of Perfect Packing recounts the story of this problem and many others that have to do with packing things together. The examples are taken from mathematics, phy

How the greatest thinkers in finance changed the field and how their wisdom can help investors today Is there an ideal portfolio of investment assets, one that perfectly balances risk and

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reward? In Pursuit of the  
Perfect Portfolio examines  
this question by profiling  
and interviewing ten of the  
most prominent figures in  
the finance world—Jack  
Bogle, Charley Ellis, Gene  
Fama, Marty Leibowitz, Harry  
Markowitz, Bob Merton, Myron  
Scholes, Bill Sharpe, Bob  
Shiller, and Jeremy Siegel.  
We learn about the personal  
and intellectual journeys of  
these luminaries—which  
include six Nobel Laureates  
and a trailblazer in mutual  
funds—and their most  
innovative contributions. In  
the process, we come to  
understand how the science  
of modern investing came to  
be. Each of these finance

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greats discusses their idea  
of a perfect portfolio,  
offering invaluable insights  
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topics—effective  
diversification, passive  
versus active investment,  
security selection and  
market timing, foreign  
versus domestic investments,  
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nontraditional assets,  
irrational investing, and so

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much more. While the perfect portfolio is ultimately a moving target based on individual age and stage in life, market conditions, and short- and long-term goals, the fundamental principles for success remain constant.

Aimed at novice and professional investors alike, *In Pursuit of the Perfect Portfolio* is a compendium of financial wisdom that no market enthusiast will want to be without.

Our desire to make things look, feel or seem perfect is dangerously on the rise and has dire consequences for how we feel about

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ourselves and how we live and work with others. Being more 'ish' - meaning somewhat, more or less, to some extent - is a more flexible and happier way to think and work. Care less about more, and care more about less.

Nicklas Lidstrom is nothing short of a Hockeytown deity, and his number 5 hangs high in Detroit as a symbol of leadership, longevity, and unparalleled defensive talent. The beloved Red Wings captain opens up about his life and career for the first time in the English language in this authorized biography which spans the

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Hall of Famer's entire NHL journey. Nicklas Lidstrom: Captain Fantastic takes fans on a memorable tour which includes Lidstrom's early life in Sweden, his 20 season in Detroit and four Stanley Cup championships, and his taste of Olympic gold with the Tre Konor. It also includes insights on more personal matters and unique challenges Lidstrom faced as well as photos from Lidstrom's personal collection.

What does it mean to live in a time when medical science can not only cure the human body but also reshape it? How should we as individuals

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and as a society respond to new drugs and genetic technologies? Sheila and David Rothman address these questions with a singular blend of history and analysis, taking us behind the scenes to explain how scientific research, medical practice, drug company policies, and a quest for peak performance combine to exaggerate potential benefits and minimize risks. 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

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genetics of 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 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  
bare the always complicated  
and sometimes compromised  
positions of science,  
medicine, and commerce. This  
is the book to read before  
signing on for the latest

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medical fix. Jack Hemlick was a perfectionist and hated losing at anything. So, 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 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 all the stops to make sure that he was going

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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 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 is about to find out that perfection isn't always the best.

What kind of life do you want for yourself? What choices will create this kind of life? In his New

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York Times bestseller *And  
Happier*, positive psychology  
expert Tal Ben-Shahar taught  
us how to become happier  
through simple exercises.

Now, in *Choose the Life You  
Want*, 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 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 fulfilled life. Choose

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the Life You Want covers 101 such choices, complete with real-life stories, to help you identify and act on opportunities large and small.

A revolutionary approach to overcoming perfectionism! A recent, randomized study—published by Mindfulness Journal—shows that Present Perfect is effective as a standalone intervention. 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

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(Wimberley, Mintz, & Suh,  
Mindfulness, 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 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 approach to  
overcoming perfectionism—a  
way to transform your need  
for precision into self-  
acceptance, compassion, and  
love for each perfectly  
imperfect passing moment in

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our lives. In Present  
Perfect, you'll use the  
Buddhist psychology of  
mindfulness to learn to  
accept the present moment in  
all of its ordinary  
perfection. This book is  
filled with over 150  
exercises and meditations  
that you can practice 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  
and forgiving of yourself  
and others.

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