



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

By Tal Ben-Shahar

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DO YOU WANT YOUR 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 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 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” to help you rediscover 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

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Editorial Review

Review

“The author’s extensive research and academic credentials don’t keep his humanity from taking center stage throughout this touching lesson on living authentically. . . . Eric Conger’s sublime voice is a joy to hear.”

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About the Author

Tal Ben- Tal Ben-Shahar, Ph.D., is the New York Times bestselling author of *Happier*. He taught the most popular course at Harvard University and currently teaches at the Interdisciplinary Center, Herzliya, Israel. He consults and lectures around the world to multinational organizations, the general public, and at-risk populations. He obtained his Ph.D. in organizational behavior and his B.A. in philosophy and psychology from Harvard. For more information visit www.talbenshahar.com.

From *AudioFile*

The author’s extensive research and academic credentials don’t keep his humanity from taking center stage throughout this touching lesson on living authentically. Along with recommending realistic goal-setting, emotional honesty, and supportive relationships, he makes a heartfelt argument that striving for perfection or following other people’s ideas of success can keep us from the life we are meant to live. Eric Conger’s sublime voice is a joy to hear. Though his interpretation is not short on drama, it’s also relaxed and gives the author’s often-weighty personal story a lighthearted familiarity. Conger’s smooth diction and confidence with his own style help keep the author’s narrative flamboyance and frequent self-referencing from getting in the way of this classic advice. T.W. Winner of *AudioFile* Earphones Award © *AudioFile* 2010, Portland, Maine

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From reader reviews:

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Regina Laporte:

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