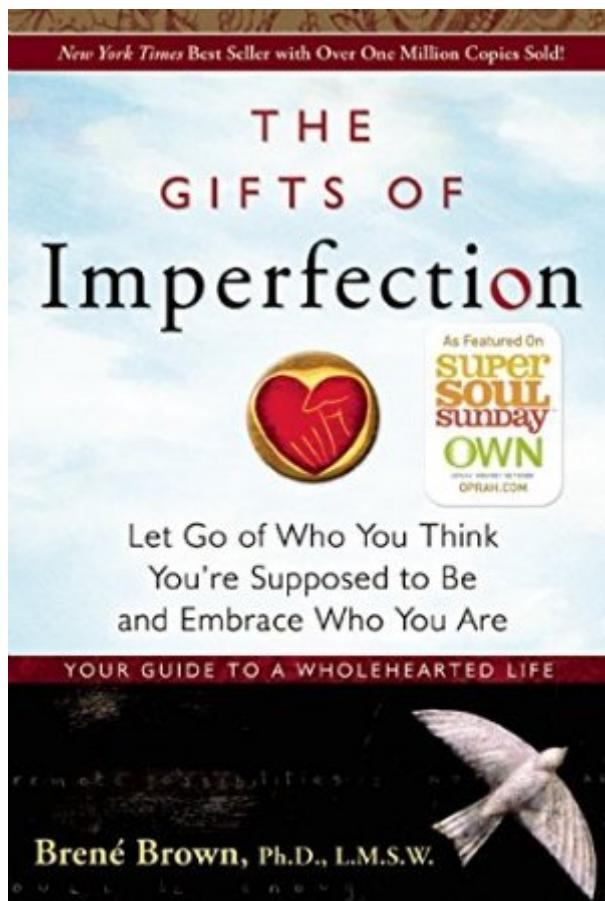


The book was found

The Gifts Of Imperfection: Let Go Of Who You Think You're Supposed To Be And Embrace Who You Are



Customer Reviews

Let me begin by stating where I was coming from, when I picked this book up. I've spent 11 years in the Army and done quite a few combat deployments. Moreover, I had recently been dumped in my 'perfect' engagement by my fiancee who had been cheating on me with a male coworker. So, this 'emotional' genre of reading isn't usually my thing and my sense of worthiness was very injured. I initially avoided this book out of concern that it was one of many under-evidenced self-help titles. Changing my mind on reading this was undoubtedly one of the best decisions I have ever made and I am a much better person for it. I don't guarantee very much, due to my skeptical nature; but, I think I can guarantee that something in this book will profoundly change you. Perhaps this was done by Dr. Brown's approach of confronting the 'things that stand in our way' of leading a 'wholehearted life'. This is important because thoughtful people need to confront these things in order to overcome them and develop not just a positive mindset; but, a *realistic* one that doesn't ignore the potentially negative cognitions that arise. Some of my PROs and CONs follow. But, allow me to be clear: if you have just been dumped, divorced, or experienced a break-up, then I think this is a great book for you. Some other titles like to do half-baked analysis of what happened between you two. Some of those books are like your own, highly-biased pep talker ("she was all wrong for you", "you're better off, now", etc.). While well-meaning, this can weaken you going forward. They sacrifice truth and accuracy for 'feel-good' support. Much has already been said about this book, so I've avoided a super thorough review. PROs-well-organized content.

-I originally bought this book in May of 2011. I can't remember exactly why it spoke to me, but I know I was looking for self esteem boosting books. I think maybe the title resonated because I realized I was having some trouble with perfectionism. Accepting mistakes, compassion for myself, forgiving myself, but also pushing forward to being a better person, a better worker, friend, girlfriend, etc. It resonates today because I see how much of a perfectionist I can be, and how much trouble I am having forgiving myself for past mistakes, and trying not to label myself because of them. I am having trouble sufficiently feeling the guilt enough to change, letting that feeling in, but then forgiving myself, and not letting those behaviors define who I am as a person. How did the book address this?-I think these quotes from the book really get to the heart of the message: "Perfectionism is, at its core, about trying to earn approval and acceptance.... Healthy striving is self-focused--How can I improve? Perfectionism is other-focused--What will they think?... Perfectionism is addictive because when we invariably do experience shame, judgment, and blame, we often believe it's because we weren't perfect enough. So rather than questioning the faulty logic of perfectionism, we become

even more entrenched in our quest to live, look, and do everything just right." Brown, Brene (2010-09-20). *The Gifts of Imperfection* (p. 56-57). Hazelden. Kindle Edition.-What I got from this is that perfectionism tricks us into thinking we have it all: we can feel connected and invulnerable and in control. BUT, it is ultimately unsatisfying because it #1) it is a lie. We aren't in control or invulnerable, or perfect.

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