

the gift of imperfection

the gift of imperfection is a powerful concept that challenges the relentless pursuit of flawlessness in modern society. Embracing imperfection allows individuals to cultivate self-acceptance, build resilience, and foster deeper connections with others. This article explores the meaning behind the gift of imperfection, its psychological and emotional benefits, and actionable strategies for embracing vulnerability. Readers will also discover how letting go of perfection can enhance creativity, boost confidence, and lead to a more authentic and fulfilling life. With keyword-rich sections and insightful analysis, this comprehensive guide provides practical steps and expert insights for anyone seeking personal growth, greater happiness, and stronger relationships through the acceptance of their unique imperfections.

- The Meaning of the Gift of Imperfection
- Understanding Perfectionism: Roots and Impacts
- The Psychological Benefits of Embracing Imperfection
- How Vulnerability Leads to Authentic Living
- Practical Steps to Accept Your Imperfections
- Building Resilience and Self-Compassion
- The Role of Imperfection in Creativity and Innovation
- Improving Relationships Through Acceptance
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The Meaning of the Gift of Imperfection

The gift of imperfection refers to the freedom and growth that come from accepting oneself as inherently imperfect. Rather than striving for unattainable standards, embracing imperfection encourages individuals to acknowledge their flaws and vulnerabilities as essential parts of their identity. This approach shifts the focus from external validation to internal authenticity, allowing people to live more meaningful and connected lives. The concept is rooted in the understanding that imperfection is universal and that by accepting it, one can unlock greater self-worth and happiness.

Understanding Perfectionism: Roots and Impacts

Perfectionism is a mindset characterized by the compulsive pursuit of flawlessness, often driven by

fear of judgment or rejection. It can originate from societal pressures, cultural expectations, or early life experiences. The constant need to meet high standards can lead to chronic stress, anxiety, and self-doubt. Perfectionism not only affects mental health but also hinders personal and professional growth by fostering procrastination and a fear of failure. Recognizing the roots and impacts of perfectionism is the first step toward embracing the gift of imperfection.

Common Signs of Perfectionism

- Setting unrealistically high standards for oneself
- Difficulty accepting mistakes or criticism
- Procrastination due to fear of failure
- Constantly seeking approval from others
- Feelings of inadequacy despite accomplishments

The Psychological Benefits of Embracing Imperfection

Embracing imperfection has significant psychological benefits. Accepting flaws and limitations reduces stress and promotes emotional well-being. Individuals who recognize their imperfections are less likely to engage in negative self-talk and more likely to practice self-compassion. This mindset fosters resilience, allowing people to recover from setbacks more quickly. Moreover, the acceptance of imperfection reduces anxiety and depression by eliminating the pressure to appear perfect and by normalizing the experience of struggle and failure.

Improved Self-Esteem and Confidence

Letting go of the need for perfection boosts self-esteem. Individuals learn to value themselves for who they are, not just for their achievements. This intrinsic sense of self-worth translates into greater confidence and a willingness to take healthy risks, both personally and professionally.

How Vulnerability Leads to Authentic Living

Vulnerability is a key aspect of the gift of imperfection. It involves being open about one's fears, emotions, and weaknesses. While vulnerability may feel uncomfortable, it is the foundation of genuine connection and trust. By allowing themselves to be seen as imperfect, individuals create opportunities for deeper relationships and authentic experiences. Vulnerability enables personal growth, as it encourages learning from mistakes and embracing change.

The Power of Honest Communication

Honest communication rooted in vulnerability strengthens relationships. When individuals share their true selves, they invite understanding and empathy. Authentic interactions build trust and foster a supportive environment where imperfection is accepted and even celebrated.

Practical Steps to Accept Your Imperfections

Embracing the gift of imperfection requires intentional effort and self-reflection. Adopting practical strategies can help individuals move beyond self-criticism and toward self-acceptance. The following steps offer guidance for cultivating a healthier relationship with imperfection:

- Practice self-compassion by treating yourself with kindness during setbacks.
- Identify and challenge perfectionistic thoughts and replace them with realistic expectations.
- Focus on progress rather than perfection by celebrating small achievements.
- Surround yourself with supportive people who value authenticity.
- Engage in mindfulness or journaling to increase self-awareness.

Building Resilience and Self-Compassion

Resilience is the ability to adapt and bounce back from adversity. Embracing imperfection strengthens resilience by teaching individuals to view setbacks as opportunities for growth. Self-compassion, the practice of being gentle with oneself, is essential in this process. When people accept their imperfections, they become more forgiving of their mistakes and more motivated to learn from them. This fosters a sense of inner security and reduces the fear of failure.

Developing a Growth Mindset

A growth mindset encourages the belief that abilities and intelligence can be developed through effort and learning. By focusing on growth rather than perfection, individuals are more likely to embrace challenges and persevere through difficulties. This mindset is central to both resilience and the acceptance of imperfection.

The Role of Imperfection in Creativity and Innovation

Imperfection plays a vital role in fostering creativity and innovation. The fear of making mistakes can stifle original thinking and limit creative expression. By accepting imperfection, individuals become more willing to experiment, take risks, and explore new ideas. Creative breakthroughs often arise from unexpected errors or failures, highlighting the value of a flexible and open-minded approach. In both the arts and business, embracing imperfection leads to greater innovation and problem-solving.

Encouraging Experimentation

Environments that value imperfection encourage experimentation and learning. When mistakes are viewed as valuable feedback, individuals and teams are more likely to innovate and achieve success.

Improving Relationships Through Acceptance

Accepting imperfection not only benefits individuals but also strengthens relationships. Unrealistic expectations of oneself or others can create tension and disappointment. By embracing imperfection, people develop empathy and understanding for the challenges faced by those around them. This acceptance reduces conflict and promotes healthier, more supportive relationships. Authenticity and vulnerability, rooted in the gift of imperfection, pave the way for deeper connections and lasting trust.

Setting Healthy Boundaries

Healthy boundaries are essential for maintaining balanced relationships. By understanding personal limits and communicating them clearly, individuals foster mutual respect and prevent resentment. Accepting imperfection allows for more realistic and compassionate expectations in all types of relationships.

Conclusion: Living Authentically With Imperfection

Embracing the gift of imperfection empowers individuals to live more authentically, compassionately, and creatively. Letting go of the need for flawlessness reduces stress, enhances well-being, and strengthens connections with others. By accepting their unique imperfections, individuals unlock the potential for personal growth, resilience, and lasting happiness. The journey toward self-acceptance is ongoing, but the rewards are profound for those willing to embrace their true selves.

Q: What does "the gift of imperfection" mean?

A: The gift of imperfection refers to the acceptance of one's flaws and vulnerabilities as valuable aspects of personal growth and authenticity. It encourages individuals to move away from perfectionism and embrace their true selves.

Q: How does embracing imperfection improve mental health?

A: Embracing imperfection reduces stress, anxiety, and negative self-talk. It promotes self-compassion, resilience, and a sense of self-worth, contributing to better overall mental health.

Q: Why is vulnerability important in the context of imperfection?

A: Vulnerability allows individuals to be open about their shortcomings and emotions, leading to more authentic relationships and personal growth. It is a key element in accepting imperfection.

Q: Can accepting imperfection boost creativity?

A: Yes, accepting imperfection frees individuals from the fear of failure, encouraging experimentation and risk-taking, which are essential for creativity and innovation.

Q: What are some practical ways to embrace imperfection?

A: Practical steps include practicing self-compassion, challenging perfectionistic thoughts, focusing on progress, seeking supportive relationships, and engaging in mindfulness.

Q: How does imperfection affect relationships?

A: Accepting imperfection in oneself and others fosters empathy, trust, and understanding, leading to healthier and more supportive relationships.

Q: What is the relationship between perfectionism and self-esteem?

A: Perfectionism often leads to low self-esteem by setting unattainable standards. Embracing imperfection helps build intrinsic self-worth.

Q: How can someone develop a growth mindset regarding imperfection?

A: Developing a growth mindset involves viewing mistakes as opportunities to learn and grow, rather than as failures, and focusing on effort and improvement.

Q: Are there benefits to accepting imperfection in the workplace?

A: Yes, workplaces that embrace imperfection encourage innovation, collaboration, and employee well-being by reducing fear of mistakes and fostering open communication.

Q: What is the first step in letting go of perfectionism?

A: The first step is recognizing and acknowledging perfectionistic tendencies, followed by a conscious effort to replace them with self-acceptance and realistic expectations.

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The Gift of Imperfection: Embracing Your Flaws for a More Fulfilling Life

Are you constantly striving for perfection, feeling overwhelmed by the pressure to be flawless? Do you find yourself criticizing your every mistake, hindering your growth and happiness? Then this post is for you. We'll explore the liberating concept of "the gift of imperfection," revealing how embracing your flaws can lead to a more authentic, compassionate, and ultimately fulfilling life. We'll delve into practical strategies to cultivate self-acceptance and appreciate the beauty of imperfection, both in ourselves and the world around us. Prepare to discover the transformative power of letting go of unrealistic expectations and embracing your uniquely imperfect self.

Understanding the Illusion of Perfection

The relentless pursuit of perfection is a modern-day epidemic fueled by social media, societal pressures, and our own inner critic. But what exactly is perfection, and why is chasing it so detrimental? Perfection, in reality, is an illusion. It's a subjective, ever-shifting target that's impossible to attain. Striving for it only leads to disappointment, self-criticism, and a constant feeling of falling short.

The Negative Impact of Perfectionism

Perfectionism isn't about striving for excellence; it's about fearing failure. It's a debilitating mindset that can manifest in various ways, including:

Procrastination: The fear of not meeting impossibly high standards leads to avoidance and delays.
Anxiety and Depression: Constant self-criticism and the pressure to be perfect can trigger mental health issues.

Missed Opportunities: The fear of failure prevents individuals from taking risks and pursuing their goals.

Damaged Relationships: Perfectionistic tendencies can strain relationships due to unrealistic expectations of others.

Embracing the Beauty of Imperfection: A Path to Self-Acceptance

The key to breaking free from the shackles of perfectionism lies in accepting and embracing our imperfections. This isn't about settling for mediocrity; it's about recognizing that our flaws are part of what makes us unique, valuable, and human.

Cultivating Self-Compassion

Self-compassion is crucial in this journey. Treat yourself with the same kindness and understanding you would offer a friend struggling with similar challenges. Acknowledge your imperfections without judgment, recognizing that mistakes are opportunities for growth and learning.

Practicing Self-Forgiveness

We all make mistakes. The crucial element is learning from them and forgiving ourselves for past shortcomings. Holding onto guilt and shame only perpetuates the cycle of self-criticism. Practice self-forgiveness regularly, releasing the burden of past errors.

Focusing on Progress, Not Perfection

Shift your focus from the unattainable ideal of perfection to the tangible progress you're making. Celebrate small victories and acknowledge your efforts, regardless of the outcome. This mindset fosters resilience and encourages continued growth.

The Gift of Imperfection in Relationships and Creativity

The principle of embracing imperfection extends beyond our personal lives; it profoundly impacts our relationships and creative endeavors.

Authentic Connections Through Vulnerability

Authentic connections thrive on vulnerability. Sharing our imperfections allows others to see us for who we truly are, fostering deeper, more meaningful relationships based on genuine acceptance.

Unleashing Creativity Through Imperfect Expression

Perfectionism can stifle creativity. The fear of producing something "flawed" prevents us from expressing ourselves authentically. Embracing imperfection in our creative work allows us to experiment, take risks, and discover our true potential.

Living an Imperfectly Perfect Life

Living a life embracing imperfection doesn't mean abandoning goals or settling for less. It means approaching life with a healthier perspective, one that values progress, self-compassion, and authenticity over unattainable ideals. It's about finding joy in the journey, learning from setbacks, and celebrating the beauty of our unique, imperfect selves.

This journey towards self-acceptance takes time and effort. Be patient with yourself, and remember that embracing imperfection is a continuous process, not a destination. The reward, however, is a more authentic, fulfilling, and joyful life.

Conclusion:

The gift of imperfection is the freedom to be authentically yourself, flaws and all. By releasing the pressure to be perfect and embracing our imperfections, we open ourselves up to a life filled with self-compassion, genuine connections, and boundless creativity. It's a journey worth embarking on.

FAQs:

1. How can I overcome my fear of failure if I'm a perfectionist? Start by reframing failure as a learning opportunity. Focus on the process and the effort you put in, rather than solely on the outcome.
2. What if my imperfections affect my professional life? Focus on continuous improvement rather than striving for perfection. Acknowledge your strengths and areas for development, seeking feedback to enhance your performance.
3. How can I practice self-compassion when I make mistakes? Talk to yourself as you would a dear friend. Acknowledge your feelings without judgment and remind yourself that everyone makes mistakes.
4. How can I help my children embrace imperfection? Model self-acceptance. Praise effort and progress, rather than solely focusing on results. Create a supportive environment where mistakes are seen as opportunities for learning.
5. Is there a difference between striving for excellence and perfectionism? Yes, striving for excellence involves setting high standards and working hard to achieve them, while perfectionism is characterized by an unhealthy fear of failure and an unrealistic pursuit of flawlessness.

the gift of imperfection: The Gifts of Imperfection Brené Brown, 2022-03-01 NEW YORK TIMES BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, "This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, 'My story matters because I matter.' Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance."

the gift of imperfection: I Thought It Was Just Me (but it isn't) Brené Brown, 2007-02-01 Researcher, thought leader, and New York Times bestselling author Brené Brown offers a liberating study on the importance of our imperfections—both to our relationships and to our own sense of self. The quest for perfection is exhausting and unrelenting. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we're supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism and blame by seeking safety in pretending and perfection. Brené Brown, PhD, LMSW, is the leading authority on the power of vulnerability, and has inspired thousands through her top-selling books *Daring Greatly*, *Rising Strong*, and *The Gifts of Imperfection*, her wildly popular TEDx talks, and a PBS special. Based on seven years of her ground-breaking research and hundreds of interviews, *I Thought It Was Just Me* shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. Brown writes, "We need our lives back. It's time to reclaim the gifts of imperfection—the courage to be real, the compassion we need to love ourselves and others, and the connection that gives true purpose and meaning to life. These are the gifts that bring love, laughter, gratitude, empathy and joy into our lives."

the gift of imperfection: Dare to Lead Brené Brown, 2018-10-11 In her #1 NYT bestsellers, Brené Brown taught us what it means to dare greatly, rise strong and brave the wilderness. Now, based on new research conducted with leaders, change makers and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Leadership is not about titles, status and power over people. Leaders are people who hold themselves accountable for recognising the potential in people and ideas, and developing that potential. This is a book for everyone who is ready to choose courage over comfort, make a difference and lead. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it and work to align authority and accountability. We don't avoid difficult conversations and situations; we lean into the vulnerability that's necessary to do good work. But daring leadership in a culture that's defined by scarcity, fear and uncertainty requires building courage skills, which are uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the same time we're scrambling to figure out what we have to offer that machines can't do better and faster. What can we do better? Empathy, connection and courage to start. Brené Brown spent the past two decades researching the emotions that give meaning to our lives. Over the past seven years, she found that leaders in organisations ranging from small entrepreneurial start-ups and family-owned businesses to non-profits, civic organisations and Fortune 50 companies, are asking the same questions: How do you cultivate braver, more daring leaders? And, how do you embed the value of courage in your culture? *Dare to Lead* answers these questions and gives us actionable strategies

and real examples from her new research-based, courage-building programme. Brené writes, 'One of the most important findings of my career is that courage can be taught, developed and measured. Courage is a collection of four skill sets supported by twenty-eight behaviours. All it requires is a commitment to doing bold work, having tough conversations and showing up with our whole hearts. Easy? No. Choosing courage over comfort is not easy. Worth it? Always. We want to be brave with our lives and work. It's why we're here.'

the gift of imperfection: Daring Greatly Brené Brown, 2013-01-17 Researcher and thought leader Dr. Brené Brown offers a powerful new vision in *Daring Greatly* that encourages us to embrace vulnerability and imperfection, to live wholeheartedly and courageously. 'It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . . who at best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly' -Theodore Roosevelt Every time we are introduced to someone new, try to be creative, or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect. Challenging everything we think we know about vulnerability, Dr. Brené Brown dispels the widely accepted myth that it's a weakness. She argues that vulnerability is in fact a strength, and when we shut ourselves off from revealing our true selves we grow distanced from the things that bring purpose and meaning to our lives. *Daring Greatly* is the culmination of 12 years of groundbreaking social research, across the home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees. This is vulnerability. This is daring greatly. 'Brilliantly insightful. I can't stop thinking about this book' -Gretchen Rubin Brené Brown, Ph.D., LMSW is a #1 New York Times bestselling author and a research professor at the University of Houston Graduate College of Social Work. Her groundbreaking work was featured on Oprah Winfrey's Super Soul Sunday, NPR, and CNN. Her TED talk is one of the most watched TED talks of all time. Brené is also the author of *The Gifts of Imperfection* and *I Thought It Was Just Me (but it isn't)*.

the gift of imperfection: Braving the Wilderness Brené Brown, 2017-09-12 A timely and important new book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection*. 'True belonging doesn't require us to change who we are. It requires us to be who we are.' Social scientist Brené Brown, PhD, LMSW has sparked a global conversation about the experiences that bring meaning to our lives - experiences of courage, vulnerability, love, belonging, shame and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarisation. With her trademark mix of research, storytelling and honesty, Brown will again change the cultural conversation while mapping out a clear path to true belonging. Brown argues that what we're experiencing today is a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, 'True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in both being a part of something, and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts.' Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, 'The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand.'

the gift of imperfection: The Dance of Connection Harriet Lerner, 2009-10-13 Bestselling

author Harriet Lerner focuses on the challenge and the importance of being able to express one's authentic voice in intimate relationships. The key problem in relationships, particularly over time, is that people begin to lose their voice. Despite decades of assertiveness training and lots of good advice about communicating with clarity, timing, and tact, women and men find that their greatest complaints in marriage and other intimate relationships are that they are not being heard, that they cannot affect the other person, that fights go nowhere, that conflict brings only pain. Although an intimate, long-term relationship offers the greatest possibilities for knowing the other person and being known, these relationships are also fertile ground for silence and frustration when it comes to articulating a true self. And yet giving voice to this self is at the center of having both a relationship and a self. Much as she did in *THE MOTHER DANCE*, Lerner will approach this rich subject with tales from her personal life and clinical work, inspiring and teaching readers to speak their own truths to the most important people in their lives.

the gift of imperfection: *Fear Less* Pippa Grange, 2020-07-23 'Pippa Grange has something to teach all of us when it comes to letting go of perfectionism and anxiety, and living with open hearts rather than clenched fists. *Fear Less* is a total game-changer.' Brené Brown If we were truly free from fear, what could we achieve? We strive for success, but we are rarely happy. The more we try to win - putting on a brave face for work or family - the more we risk losing ourselves. And even reaching our goals can feel strangely hollow. The culprit? Fear. It makes us anxious, or shameful, or turns us into perfectionists. We pretend to be someone else while aiming for a status that's never truly satisfying. There is another way. A way to find our true voice, to win on our own terms. Building that open mindset is at the heart of this mould-breaking book by Dr Pippa Grange, the psychologist who helped transform the England team, taking them all the way to the World Cup semi-finals in 2018. In *Fear Less*, Pippa Grange shows all of us how, by starting to live with less fear, we can find our real passions and deeper fulfilment. Her simple manifesto enables us to replace stress with courage, and connect with the people around us on a far deeper level. This type of success isn't about trophies or beating others, it's about winning at the very deepest level: winning from within. It's time to fear less.

the gift of imperfection: *Embracing Your Inner Critic* Hal Stone, 2011-07-26 Hal and Sidra Stone are the creators of Voice Dialogue process, a therapy that transforms the inner critic from crippling adversary to productive ally. The inner critic. It whispers, whines, and needles us into place. It checks our thoughts, controls our behavior, and inhibits action. It thinks it is protecting us from being disliked, hurt, or abandoned. Instead, the critical inner voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol abuse. Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize critic attacks, and, most important, how the inner critic can become as intelligent, perceptive, and supportive partner in life.

the gift of imperfection: *The Chaos Theory of Careers* Robert Pryor, Jim Bright, 2011-05-10 The Chaos Theory of Careers outlines the application of chaos theory to the field of career development. It draws together and extends the work that the authors have been doing over the last 8 to 10 years. This text represents a new perspective on the nature of career development. It emphasizes the dimensions of careers frequently neglected by contemporary accounts of careers such as the challenges and opportunities of uncertainty, the interconnectedness of current life and the potential for information overload, career wisdom as a response to unplanned change, new approaches to vocational assessment based on emergent thinking, the place of spirituality and the search for meaning and purpose in, with and through work, the integration of being and becoming as dimensions of career development. It will be vital reading for all those working in and studying career development, either at advanced undergraduate or postgraduate level and provides a new and refreshing approach to this fast changing subject. Key themes include: Factors such as complexity, change, and contribution People's aspirations in relation to work and personal fulfilment Contemporary realities of career choice, career development and the working world

the gift of imperfection: WORKBOOK For The Gifts of Imperfection Wonder Books,

2020-08-13

the gift of imperfection: *Unbound* Tarana Burke, 2021-09-14 From the founder and activist behind one of the largest movements of the twenty-first century, the me too movement, Tarana Burke debuts a powerful memoir about her own journey to saying those two simple yet infinitely powerful words and how she brought empathy back to an entire generation 'Searing. Powerful. Needed.' Oprah 'I will never stop thinking about this book.' Glennon Doyle Tarana didn't always have the courage to say me too. As a child, she reeled from her sexual assault, believing she was responsible. Unable to confess what she thought of as her own sins for fear of shattering her family, her soul split in two. One side was the bright, intellectually curious third generation Bronxite steeped in Black literature and power, and the other was the bad, shame ridden girl who thought of herself as a vile rule breaker, not of a victim. She tucked one away, hidden behind a wall of pain and anger, which seemed to work... until it didn't. Tarana fought to reunite her fractured soul, through organizing, pursuing justice, and finding community. In her debut memoir she shares her extensive work supporting and empowering Black and brown girls, and the devastating realisation that to truly help these girls she needed to help that scared, ashamed child still in her soul. Tarana has found that we can only offer empathy to others if we first offer it to ourselves. *Unbound* is the story of an inimitable woman's inner strength and perseverance, all in pursuit of bringing healing to her community and the world around her, but it is also a story of possibility, of empathy, of power, and of the leader we all have inside ourselves. In sharing her path toward healing and saying me too, Tarana reaches out a hand to help us all on our own journeys.

the gift of imperfection: The Dance of Anger Harriet Lerner, 2014-03-25 The renowned classic and New York Times bestseller that has transformed the lives of millions of readers, dramatically changing how women and men view relationships. Anger is something we feel. It exists for a reason and always deserves our respect and attention. We all have a right to everything we feel—and certainly our anger is no exception. Anger is a signal and one worth listening to, writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change. For decades, this book has helped millions of readers learn how to turn their anger into a constructive force for reshaping their lives. With a new introduction by the author, *The Dance of Anger* is ready to lead the next generation.

the gift of imperfection: Rising Strong Brené Brown, 2015-08-27 'Thanks to Brené Brown I learned how to be vulnerable... a life changer' Miranda Hart The physics of vulnerability is simple: If we are brave enough often enough, we will fall. This is a book about what it takes to get back up and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending. Struggle can be our greatest call to courage and *Rising Strong*, our clearest path to deeper meaning, wisdom and hope.

the gift of imperfection: Summary of Dare to Lead by Brené Brown QuickRead, Lea Schullery, *Brave Work. Tough Conversations. Whole Hearts.* People all over the world are often asking themselves how to become a better leader. Each day, managers, CEOs, and executives struggle with knowing what it is they need to become more effective. Unfortunately, they often focus on the wrong things, like titles, status, and power. But a leader isn't just someone who has the highest title, she is anyone who takes responsibility for recognizing the potential in people and ideas. What's more, she dares to develop that potential. Leaders with courage are those who don't avoid difficult conversations and situations, they lean into vulnerability, they have empathy and connection. So how can you cultivate braver, more daring leaders? And how do you embed the value of courage in your culture? Luckily, daring leadership is made up of four skill sets that are 100 percent teachable, observable, and measurable. It won't be easy, but it will be worth it. As you read, you'll learn the dangers of perfectionism, how vulnerability takes courage, and what you can learn about leadership from skydiving. Do you want more free book summaries like this? Download our

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the gift of imperfection: *Atlas of the Heart* Brené Brown, 2021-11-30 In her latest book, five-time #1 New York Times bestselling author Dr Brené Brown, writes, If we want to find the way back to ourselves and each other, we need language and the grounded confidence to both tell our stories, and to be stewards of the stories that we hear. This is the framework for meaningful connection. In *Atlas of the Heart*, Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. As she maps the necessary skills and lays out an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances - a universe where we can share and steward the stories of our bravest and most heart-breaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as Brown's singular skills as a researcher/storyteller, to lay out an invaluable, research-based framework that shows us that naming an experience doesn't give the experience more power, it gives us the power of understanding, meaning and choice. Brown shares, I want this to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves. Even when we have no idea where we are.

the gift of imperfection: Perfect Imperfect Karen McCartney, Sharyn Cairns, Glen Proebstel, 2016-03-23 If you have read *The House that Pinterest Built*, *Smart Spaces*, *The Alchemy of Things*, or *Elements of Style* you're going to love *Perfect Imperfect*. Wabi-sabi and new creative interior design expressions: *Perfect Imperfect* is a stunning collection of homes and studios of creatives from all over the world, with thought-provoking text by Karen McCartney and stunning visuals by Sharyn Cairns and Glen Proebstel. *Perfect Imperfect* takes as its founding principle the Japanese concept of wabi-sabi. Wabi-Sabi advocates the beauty to be found in imperfection, impermanence and the authentic. Importantly this is done without losing sight of the benefits of living in the 21st century; where designers are merging digital technology with the handmade, rethinking how to use space and accommodating the natural world. Creating a new interior design vocabulary: As the collaborative process for creating *Perfect Imperfect* involved working across continents, the authors created a list of words and phrases that define how to curate the work they include in their stunning book. Their new interior design and interior decorating vocabulary includes terms such as mutability, irregularity, unfinished and incomplete, void, the effects of accident, unpretentious, simplicity, contrasts, and Leonard Koren's idea that 'beauty can be coaxed out of ugliness'. The new words and phrases introduced by the authors define the book's visual sections: - Spirit of Nature - Strange Beauty - Mark of Hand - Deep Shadow - Weathering & Decay - And, Incomplete and Irregular A beautiful, inspirational decorative book: *Perfect Imperfect* is a celebration of accident, curation, collection, hesitation, collaboration, reuse, reimagining and true originality. It explores an established aesthetic in a new way and embraces current design objects alongside well-worn ones; featuring interior settings that mix comfort, design and an off-beat beauty.

the gift of imperfection: Finish Jon Acuff, 2017-09-12 Year after year, readers pulled me aside at events and said, "I've never had a problem starting. I've started a million things, but I never finish them. Why can't I finish? According to studies, 92 percent of New Year's resolutions fail. You've practically got a better shot at getting into Juilliard to become a ballerina than you do at finishing your goals. For years, I thought my problem was that I didn't try hard enough. So I started getting up earlier. I drank enough energy drinks to kill a horse. I hired a life coach and ate more superfoods. Nothing worked, although I did develop a pretty nice eyelid tremor from all the caffeine. It was like my eye was waving at you, very, very quickly. Then, while leading a thirty-day online course to help

people work on their goals, I learned something surprising: The most effective exercises were not those that pushed people to work harder. The ones that got people to the finish line did just the opposite— they took the pressure off. Why? Because the sneakiest obstacle to meeting your goals is not laziness, but perfectionism. We're our own worst critics, and if it looks like we're not going to do something right, we prefer not to do it at all. That's why we're most likely to quit on day two, "the day after perfect"—when our results almost always underperform our aspirations. The strategies in this book are counterintuitive and might feel like cheating. But they're based on studies conducted by a university researcher with hundreds of participants. You might not guess that having more fun, eliminating your secret rules, and choosing something to bomb intentionally works. But the data says otherwise. People who have fun are 43 percent more successful! Imagine if your diet, guitar playing, or small business was 43 percent more successful just by following a few simple principles. If you're tired of being a chronic starter and want to become a consistent finisher, you have two options: You can continue to beat yourself up and try harder, since this time that will work. Or you can give yourself the gift of done.

the gift of imperfection: *Summary of Rising Strong by Brené Brown* QuickRead, Lea Schullery, Discover the power of vulnerability and bravery and learn how to rise strong when life knocks you down. Life is tough. Sometimes life knocks us down, and when we fall, it hurts. When we struggle and find ourselves in the deep, dark recesses of our minds, it can feel as if the weight of the world is on our shoulders. Luckily, social scientist Brené Brown's research reveals the power of vulnerability and bravery in creating a life of joy, love, creativity, and belonging. Of course, living a brave life won't always come easily; inevitably, life will knock us down. How we rise from that fall, however, is important. Throughout Brown's research, she listened to a wide range of people: leaders of Fortune 500 companies, artists, couples in long-term relationships, teachers, and parents as they shared their stories of being brave, falling, and getting back up. What did each of these people have in common? Each person recognized the power of emotion and wasn't afraid to lean in to discomfort. When we try to rise from the fall, our courage is tested. But no matter the struggle, the process of rising strong is the same. Throughout *Rising Strong*, you'll learn why being brave means taking a risk and how to use the rising strong process to change your perspective. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com.

the gift of imperfection: When Perfect Isn't Good Enough Martin M. Antony, Richard P. Swinson, 2009-02-01 It's only natural to want to avoid making mistakes, but imperfection is a part of being human. And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential. In this fully revised and updated second edition of *When Perfect Isn't Good Enough*, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven-effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life — imperfections and all. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

the gift of imperfection: Women & Shame 3C Press, Brené Brown, 2004

the gift of imperfection: *The Places that Scare You* Pema Chödrön, 2007 From the bestselling

author of *When Things Fall Apart* comes a book that reveals that the secret to cultivating a compassionate heart and an enlightened mind lies in facing what we are most afraid of.

the gift of imperfection: *The Joy of Imperfection* Enid Howarth, Jan Tras, 1996 This perfect book on being imperfect offers a radical new concept: Imperfection is good for you! The truth is, we are perfectly and uniquely imperfect - one of a kind, a very limited edition. Our imperfections enable us to be different, to explore new frontiers, to be flexible, imaginative, and creative, to have fun, to laugh, and to be ourselves. Going where no self-help book has gone before, this guide to being ordinary entices readers toward self-acceptance rather than obsessive self-improvement. It is a lighthearted and practical guide to living in the real world - in Kansas rather than Oz. *The Joy of Imperfection* describes how our illusions begin, why they flourish, and ways to melt the wicked myths of the West.

the gift of imperfection: *Too Perfect* Allan Mallinger, Jeannette Dewyze, 2011-06-29 For many of us, perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives, the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil, trying to satisfy everyone, attempting to direct the future, and feeling that we are failing. In *TOO PERFECT*, Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks, for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, *TOO PERFECT* offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness.

the gift of imperfection: *Self-Compassion* Kristin Neff, 2011-07-07 Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. *Self Compassion* offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. *Self Compassion* recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... who need to learn that the Golden Rule works only if it's reversible: We must learn to treat ourselves as well as we wish to treat others.' Gloria Steinem 'A beautiful book that helps us all see the way to cure the world - one person at a time - starting with yourself. Read it and start the journey.' Rosie O'Donnell

the gift of imperfection: *A Whole New Mind* Daniel H. Pink, 2005 The era of left brain' dominance, with its emphasis on logical, linear, analytical and computer-like thinking, is on the way out. We're entering a new world in which right brain' qualities - inventiveness, empathy, meaning - will dominate. A stimulating wake-up call for the brain, *A Whole New Mind* urges us to re-examine our lives: how we think, how we feel and why we do what we do. And p

the gift of imperfection: *The Extraordinary Gift of Being Ordinary* Ronald D. Siegel, 2021-12-09 Did I sound stupid? Should I have sent that email? How do I look? Many of us spend a lot of time feeling self-conscious and comparing ourselves to others. Why do we judge ourselves so relentlessly? Why do we strive so hard to be special or successful, or to avoid feeling rejected? When psychologist and mindfulness expert Dr. Ronald Siegel realized that he, as well as most of his clients, was caught in a cycle of endless self-evaluation, he decided to do something about it. This engaging, empowering guide sheds light on this very human habit--and explains how to break it. Through illuminating stories and exercises, practical tools (which you can download and print for repeated use), and guided meditations with accompanying audio downloads, Dr. Siegel invites you to stop

obsessing so much about how you measure up. Instead, by accepting the extraordinary gift of being ordinary, you can build stronger connections with others and get more joy out of life.

the gift of imperfection: Why We Are Born Akemi G, 2014-06-14 There are many inspirational how-to books, but until you understand the fundamental WHY, your how-to is destined to be superficial. This book is unique in that it gets down to this foundation of life in such a clear, straightforward way. The subtitle could be Life and Spirituality Demystified. From the back cover: Have you ever wondered, Why was I born? Humanity has always asked this fundamental question regarding life's purpose and meaning. Our thinking, however, is often limited. If we ponder this question only within the context of one physical lifetime, we cannot reach the answer. In order to know why we are born, we need to know what it was like before birth-and after death, and further yet, even before we assumed individuality. You are not your body. You are the soul currently living in the body. As souls, we are all interconnected and share information about what happened in our past lives, how we felt about the experiences, and what can happen in the future. Such shared information is called the Akashic Records. Why We Are Born, written by renowned Akashic Record Reader Akemi G in her signature straightforward style and with clear words, is a gift of light that dispels many spiritual myths such as Life is a school. Whether you consider yourself spiritual or not, you will find in this book fresh insights that will help you remember how marvelous life really is despite its challenges.

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the gift of imperfection: You Are Your Best Thing Tarana Burke, Brené Brown, 2021-04-27

Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organisers, artists, academics and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience. Contributions by Kiese Laymon, Imani Perry, Laverne Cox, Jason Reynolds, Austin Channing Brown, and more. It started as a text between two friends. Tarana Burke, founder of the 'me too.' Movement, texted researcher and writer Brené Brown to see if she was free to jump on a call. Brené assumed that Tarana wanted to talk about wallpaper. They had been trading home decorating inspiration boards in their last text conversation so Brené started scrolling to find her latest Pinterest pictures when the phone rang. But it was immediately clear to Brené that the conversation wasn't going to be about wallpaper. Tarana's hello was serious and she hesitated for a bit before saying, Brené, you know your work affected me so deeply, but as a Black woman, I've sometimes had to feel like I have to contort myself to fit into some of your words. The core of it rings so true for me, but the application has been harder. Brené replied, I'm so glad we're talking about this. It makes sense to me. Especially in terms of vulnerability. How do you take the armour off in a country where you're not physically or emotionally safe? Long pause. That's why I'm calling, said Tarana. What do you think about working together on a book about the Black experience with vulnerability and shame resilience? There was no hesitation. Burke and Brown are the perfect pair to usher in this stark, potent collection of essays

on Black shame and healing. Along with the anthology contributors, they create a space to recognise and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life.

the gift of imperfection: *Wabi-Sabi Welcome* Julie Pointer Adams, 2017-06-13 “An antidote to the veneer of perfectionism so often presented by books of its kind, *Wabi-Sabi Welcome* offers readers license to slow down and host guests with humility, intention, and contentment.” —Nathan Williams, founder of Kinfolk *Wabi-Sabi Welcome* is sharing a pot of tea with friends. It is preparing delicious food to nourish, not to show off. It’s keeping a basket of cozy slippers at the door for guests. It is well-worn linens, bouquets of foraged branches, mismatched silverware, and heirloom bowls infused with the spirit of meals served with love. In this lush entertaining manual, author Julie Pointer Adams invites readers into artful, easygoing homes around the world—in Denmark, California, France, Italy, and Japan—and teaches us how to turn the generous act of getting together into the deeper art of being together. In this book, readers will find: unexpected, thoughtful ideas and recipes from around the world; tips for creating an intimate, welcoming environment; guidelines for choosing enduring, natural decor for the home; and inspiring photographs from homes where wabi-sabi is woven into daily living.

the gift of imperfection: *Wabi Sabi* Beth Kempton, 2018-08-30 **Order Beth Kempton's new book KOKORO: Japanese Wisdom for a Life Well Lived** 'A truly transformative read' Sunday Times STYLE 'More than ever, we need books like this' Jessica Seaton, Co-Founder of Toast and author of *Gather, Cook, Feast* A whole new way of looking at the world - and your life - inspired by centuries-old Japanese wisdom. Wabi sabi (wah-bi sah-bi) is a captivating concept from Japanese aesthetics, which helps us to see beauty in imperfection, appreciate simplicity and accept the transient nature of all things. With roots in zen and the way of tea, the timeless wisdom of wabi sabi is more relevant than ever for modern life, as we search for new ways to approach life's challenges and seek meaning beyond materialism. Wabi sabi is a refreshing antidote to our fast-paced, consumption-driven world, which will encourage you to slow down, reconnect with nature, and be gentler on yourself. It will help you simplify everything, and concentrate on what really matters. From honouring the rhythm of the seasons to creating a welcoming home, from reframing failure to ageing with grace, wabi sabi will teach you to find more joy and inspiration throughout your perfectly imperfect life. This book is the definitive guide to applying the principles of wabi sabi to transform every area of your life, and finding happiness right where you are.

the gift of imperfection: *The Wisdom of Imperfection* Rob Preece, 2010-09-16 If you have been practicing Buddhism for a while, why do you still have so many problems? And how do you balance the sometimes different needs of spiritual and psychological perspectives? Rob Preece draws on his personal experience—over two decades as a psychotherapist and many years as a meditation teacher—to explore and map the psychological influences on our struggle to awaken. For psychological and spiritual health, acceptance of imperfection is key. Wisdom does not always come as a flash of inspiration but from the slow, often painful workings of experience. As we detach from our ideals of perfection and develop our acceptance of imperfection, our love and compassion can grow in ways that are both psychologically and spiritually healthy. *The Wisdom of Imperfection* delves into this journey of individuation in Buddhist life, articulating the psychological processes beneath the traditional path of the Bodhisattva.

the gift of imperfection: *Responding to Imperfection* Sanford Levinson, 1995-01-24 An increasing number of constitutional theorists, within both the legal academy and university departments of government, are focusing on the conceptual and political problems attached to the notion of constitutional amendment. Amendments are, among other things, recognitions of the imperfection of existing schemes of government. The relative ease or difficulty of amendment has significant implications for the ways that governments respond to problems that call either for new structures of governance or new powers for already established structures. This book brings together essays by leading legal authorities and political scientists on a range of questions from whether the U.S. Constitution is subject to amendment by procedures other than those authorized

by Article V to how significant change is conceptualized within classical rabbinic Judaism. Though the essays are concerned for the most part with the American experience, other constitutional traditions are considered as well. The contributors include Bruce Ackerman, Akhil Reed Amar, Mark E. Brandon, David R. Dow, Stephen M. Griffin, Stephen Holmes and Cass R. Sunstein, Sanford Levinson, Donald Lutz, Walter Murphy, Frederick Schauer, John R. Vile, and Noam J. Zohar.

the gift of imperfection: I Like Me Anyway Brooke Romney, 2020-10-20 I Like Me Anyway: Embracing Imperfection, Connection, and Christ is a must read for any woman who has ever felt uncertain of her own worth, path or importance. This engaging, relatable book will fill you with confidence and purpose in your own unique story and give you the motivation and tools to become the woman you were always meant to be.

the gift of imperfection: The Way of the Samurai Inazo Nitobe, 2017-09-21 This classic text by Inazo Nitobe defining the moral code of the warrior class or Samurai has had a huge impact both in the West and in Japan itself. Drawing on Japanese traditions such as Shinto and Buddhism, and citing parallels with Western philosophy and literature, Nitobe's text is essential reading for anyone who wishes to understand the culture and morals of Japan.

the gift of imperfection: **Perfect Imperfection** Alex Cearn, 2019-04-02 These perfectly imperfect dogs have gentle lessons for us all ... Meet special little Vegemite with the permanent wink; Bali Pip, the playful pup who lost her fur; Raul, who takes partial paralysis in his stride; and many more, all seen through the lens of award-winning photographer Alex Cearn. In this inspiring portrayal of difference, Alex captures the intrinsic beauty and spirit; the sweetness, resilience and strength of 60 perfectly imperfect dogs. They adapt to their unique bodies without complaint, they survive with determination and they live with joy. In the accompanying stories from their best friends, the bond between these endearing doggos and their humans shines through - and sometimes they even save each other. For anyone who's ever loved a dog ...

the gift of imperfection: Workbook for the Gifts of Imperfection Pocket Books, 2019-07-06

the gift of imperfection: **Fierce Self-Compassion** Dr Kristin Neff, 2021-07-08 A follow up from the bestselling Self-Compassion, this book shows why it is more urgent than ever that women acknowledge their areas of suffering, celebrate their inner voice and challenge the male-orientated status quo. The book will draw on Kristin Neff's own life story as well as the stories of other women to show how readers can harness self-compassion and gain the strength, clarity and courage needed to be resilient and stand up for themselves in our male-dominated society. She'll explore core issues such as gender differences, why we aren't more compassionate to ourselves, and what women do for love. With expert research, concrete tools and easy-to-follow mindfulness practices, this book will empower women to let go of self-criticism, draw boundaries and become fierce.

the gift of imperfection: Awkwardly Awesome Jason Freeman, 2017-04 Embark on an awkwardly awesome and imperfect journey with your guide, Jason Freeman, as he endeavors to uncover life's most elusive qualities: success and satisfaction. Eager to enter the world, Jason's umbilical cord became kinked like a garden hose. He lost a bit of oxygen, gifting him with a pronounced speech impediment and coordination awkwardness, a fitting introduction into the imperfect nature of life. Jason promptly ignored this wisdom, and tried for stressful decades to attain perfection. For many years, he assumed his quest was a solitary one, until eventually discovering that perfectionism has a way of plaguing most of us. Like many people, Jason had perfect dreams but on too many occasions found himself sitting on the sidelines of life. Out of misery and desperation, he discovered, and began to implement something that would become key to his success and satisfaction, a simple game-changing concept: 'Doing your Imperfect Best.' Today, Jason does what eight years ago he thought was impossible for him: yoga, owning his own business, speaking to audiences across the country and, now, authoring a book. In 'Awkwardly Awesome - Embracing My Imperfect Best', Jason takes you along on his journey of obstacles, frustrations and epiphanies leading to the powerful Imperfect Best Concept. Part memoir, part self-help guide, the narrative pauses on occasion, asking you, the reader, direct questions relevant to your own life as it introduces concepts intended to transform your journey.

the gift of imperfection: The Rubber Brain Sue Morris, Jacquelyn Cranney, Peter Baldwin, Leigh Mellish, Annette Krochmalik, 2018-07-30 Failed an exam, bungled an interview, screwed up a relationship, broken your diet, or stuffed up at work? Your brain is the key to getting back on track. Change your life for the better. Learn how to 'rubberise' your brain, making it more flexible and resilient. Deal with challenges in an optimal way, and 'bounce' back from adversity. Your brain controls your conscious thoughts and behaviours, like deciding whether to study or party, or whether to get two scoops of gelato or six. And when you find yourself doing things that you wish you hadn't done (like all that gelato), it's likely your brain has indulged in what psychological scientists call suboptimal thinking. Essentially, your brain doesn't always deliver the kind of thinking that leads to desired positive outcomes, such as maintaining supportive friendships, and doing well in your work, studies and social life. But you and your brain can do better. In this book, five leading psychological educators show you simple tools derived from solid science covering everything from positive psychology to goal setting, from mindfulness to CBT, and from emotional regulation to moral reasoning, to optimise your thinking. Using a model they have developed over years of study and application you can discover how resilience and psychological flexibility combine to allow you to choose ways of thinking in response to different situations that will produce the best outcome for you for that situation. Read this book and learn how to optimally tackle issues of motivation, stress, time-management, and relationship maintenance. Your mind will be clearer and your life better.

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