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The Pursuit of Perfect: How to Stop Chasing Perfection and Start Living a Richer, Happier Life: Author: Tal Ben-Shahar: Publisher: McGraw Hill Professional, 2009: ISBN: 0071608834, 9780071608831: Length: 272 pages: Subjects

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In his book, The Pursuit of Perfect, author Tal Ben-Shahar, Ph.D. narrows

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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 Living a Richer, Happier Life. Author Name: Tal Ben-Shahar. Book Genre: Business, Health, Leadership, Nonfiction, Personal Development, Philosophy, Productivity, Psychology, Self Help. ISBN # 9780071608831. Edition

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Tomaso Aste and Denis Weaire, and published in 2000 by Institute of Physics Publishing

(doi:10.1887/0750306483, 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 stories from its predecessor while adding several new examples and

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

<http://www.PhilosophersNotes.com>

The Pursuit of Perfect by Tal Ben-Shahar. Here's a quick look at a few of my favorite Big Ideas from Tal Ben-Shahar's *brill...

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