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The Wisdom of Imperfection: The Challenge of Individuation in Buddhist Life

Rob Preece

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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.

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