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

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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