



**Present Perfect:
A Mindfulness
Approach to Letting Go
of Perfectionism and
the Need for Control**
by Pavel Somov



I think there is a place for both pushing oneself to achieve and accepting oneself. In this book, the author speaks to that but seems to overgeneralize the word "perfectionism."

Striving hard to achieve or overcome obstacles is a healthy part of life. The author would have been more effective if he had made that distinction more clearly. I did like the parts of his book that covered self-acceptance and mindfulness.

~ **Suzanne Vizethann**



I found this book to be enjoyable and helpful both personally and professionally. I really connected with the section on the three types of perfectionist hunger and feeding "The Hungry Ghost of Perfectionism," as I often use this language and these concepts with the eating-disorder population.

Somov offers numerous helpful awareness exercises, mindfulness practices and insights that are easy to grasp. I would recommend this book to colleagues, friends and clients. ~ **Dianna Chillo**



Overall, I found this book to be a good read. The beginning of the book was a little dry and at times reads more like a text book as opposed to a self-help book. However, the later parts of the book, which discuss topics such as guilt, shame, mistakes and self-acceptance, were very informative.

The book offers an alternative on how to view past choices, good and bad, and have an opportunity to grow from them as opposed to being stunted by them. The concepts laid out in the book can be generalized to all people seeking personal growth and aren't limited only to those attempting to overcome their perfectionist personality. I will begin to use this book in my work with clients.

~ **Susan McVey**



I liked Somov's other book, "Eating the Moment," better than this book. I think he stretches the material into many unnecessary pages, repeating the same point over and over.

A book written many years ago, "The Perfect Present," by a different author suggested the importance of being right here, right now and to appreciate the present, as each moment is a gift. I thought when I picked up "Perfect Present" it was a spinoff of the other book, which in some ways it is as it suggests our need to accept what is vs. what could/ should be.

The book discusses how the need or desire to be perfect has a double edge, one that drives you to do more and one that causes you to be in a state of dissatisfaction. Some of his exercises are helpful to self-reflection.

I believe that; you do not compete with anyone but yourself and you have to accept your limitations and appreciate your successes without looking outside yourself for others to affirm and or define you. This makes for a much more honest and enjoyable life. The book in parts is good, in whole is just OK.

~ **Michele Winchester-Vega**



Hurray to Somov for his insightful and mindful approach to identifying and then letting go of perfectionism. He classifies "perfectionist" into three useful categories associated with starving, craving and hunger.

The types of hunger include the need for approval, validation, attention and the need for certainty and control. I have used this book with clients struggling with body image, anxiety, low self-esteem and rigid thinking.

Something he tells us can assist those "trying to traverse the turbulent streams of consciousness ... a prop to be used when one tumbles over perfectionism ... and then again to use it as one tries to clear the debris away from the imperfection and illusion." He believes as I do that self-acceptance is the "bread to satisfy the hunger of perfectionism." I would recommend this; you will enjoy his play on words, among other things. ~ **Diane Light-Spiro**