



Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life

Tal Ben-Shahar

Download now

Read Online ➔

Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life

Tal Ben-Shahar

Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life Tal Ben-Shahar

A brilliant guide to living a happier life (even if it's not so perfect) Bestselling author Tal Ben-Shahar has done it again. In *Being Happy* (originally published in hardcover as *The Pursuit of Perfect*, 978-0-07160882-4), he gives you not only the theory but also the tools to help you learn how to accept life as it actually is instead of what you think it should be. By using the science of positive psychology along with acceptance, Ben-Shahar shows you how to escape the rat race and begin living a life of serenity, happiness, and fulfillment.

With the same technique that made *Happier* such a great success, *Being Happy* shows you how to let go of unrealistic expectations and truly accept your emotions for a more serene life.

Praise for Ben-Shahar:

"[Tal Ben-Shahar has] a rare brand of good sense that is embedded in scientific knowledge about how to increase happiness." -- Martin E. P. Seligman, author of **Authentic Happiness**

"Ben-Shahar teaches that happiness isn't as elusive as people think." -- **Publishers Weekly**

"One of the most popular teachers in Harvard's recent history." -- Ellen J. Langer, author of **Mindfulness** and **On Becoming an Artist**

Tal Ben-Shahar is the New York Times bestselling author of *Happier*. He consults and lectures around the world to executives in multinational corporations, the general public, and at-risk populations. For more information, visit www.talbenshahar.com

Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life Details

Date : Published October 14th 2010 by McGraw-Hill Education (first published September 23rd 2010)

ISBN : 9780071746618

Author : Tal Ben-Shahar

Format : Paperback 246 pages

Genre : Psychology, Nonfiction, Self Help, Personal Development

 [Download Being Happy: You Don't Have to Be Perfect to Lead ...pdf](#)

 [Read Online Being Happy: You Don't Have to Be Perfect to Lea ...pdf](#)

Download and Read Free Online Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life Tal Ben-Shahar

From Reader Review Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life for online ebook

Lily says

Most self help books emphasize on staying positive. Tal Ben-Shahar sheds light on how to deal with both negative and positive emotions. One of the ideas I took from this book is that having a regular reality check is necessary. I chuckled when I read his equation on success; having unattainable goals will lead you to be disappointed because most likely, you will fall short of your expectations. Was he recommending me to lower my expectations? It gave me flashbacks on the "Lowered Expectations" series on Mad TV. However, lowering your expectations too far will also make you unhappy. So stay modest and balanced. Overall, his explanation of emotions, behaviors and the comparisons of how the Perfectionist and the "Optimalist" deal with the same situation is relatable.

Shishir Choudhary says

This book guides one in journey from trying to be "text book" perfect to being a real human being, and on the way deals with some misconceptions. Biggest takeaway being giving self and others permission to be a human. It clarifies some major misconceptions about place of "negative" emotions in life and importance of not avoiding or suppressing them. It also deals with approaches to "success".

All in all a great guide to being human.

Rachel says

Really great resource for anyone struggling with perfectionism!

Sandeep Bedi says

A idiot's guide to being happy ! A must read. Tal's writing is simple and interesting.

Kathleen says

This was such a great, interesting read! I am very much into the mindfulness and positive psychology way of thinking these days and this book had a lot of great insights into how to change your way of thinking. Appreciate the journey!

Debra says

Another book I read for my positive psychology class -- some really good ideas discussed include really allowing yourself to experience negative emotions in order to move on, being an optimalist which enables happiness versus a perfectionist which involves nearly always feeling some level of frustration. Worthwhile although a bit repetitious.

Subashish Bose says

I would place Martin Seligman and Jonathan Haidt above Ben-Shahar. Still, I liked the simplistic language is addressing the happiness factor, and how being an optimalist as opposed to perfectionist helps.

sara says

humbled: i am a perfectionist. but not perfect. what are my goals now?

Rubina says

While the concepts in the book are not earth-shattering, Tal Ben-Shahar's engaging writing and the coaching approach of the book, makes it an interesting read. Drawing from the science of positive psychology, Tal Ben-Shahar provides advice on how learning to curb our perfectionist traits, and moving instead to an optimalist point of view will make us happier. The book is neatly broken into 3 main parts - the concepts and theory to Perfectionism vs Optimism, applying ideas gathered from Part 1 to areas of education, work and love, and the final part, contains a short meditation on 10 aspects of perfectionism we should be mindful of.

Pamela Day says

Ben-Shahar teaches happiness at Harvard. More evidence about managing one's psychology and shifting perspectives when they are not working

Dochita Zenoveiov says

o recomand!

Dawn says

Loved this one. Great perspective on perfectionism and how it can bring you down, as well as ways to get out of that thought pattern without feeling like you're settling.

Jennie Richards says

I found this book to be a really interesting read. The most salient and potent information for me was the author's focus on perfectionism, and how perfectionism prevents and blocks our happiness. The author talks about how the perfectionist is never satisfied—with themselves, with their work, with friends, or with other relationships. I have known a perfectionist on this level, and it was a very challenging, painful relationship. I wish I had read the book before meeting her! Instead, the author recommends being an "Optimalist." Optimalists accept failure as natural, and they accept painful emotions as part of life, and don't try to suppress them. Basically the perfectionist rejects reality and painful emotions, and keeps their suffering bottled up, and the Optimalist accepts reality, failure, dark emotions, as well as their success—as part of life. And this distinction, is really at the heart of our happiness and satisfaction in life, and with our relationships. Of course, the book is about so much more. I loved the Chapter on Optimal Love. In the back of the book, the author shares 10 Meditations, each one focusing on obstacles to our happiness and how to overcome them.

Here's an example from the book, the author is talking about Defensiveness: "Perfectionists perceive every criticism as potentially catastrophic, a dangerous assault on their sense of self-worth. Perfectionists often become extremely antagonistic when criticized and consequently are unable to assess whether there is any merit in the criticism and whether they can learn from it." And, "The perfectionist wants to look good, and therefore she tries to appear flawless by deflecting criticism. She will go to great lengths to convince others that the way she views herself is indeed correct." I highly recommend this book.

Daniel Taylor says

Anyone who has read enough self-help books will have heard the advice, "Don't should all over yourself." One of the biggest contradictions many gurus teach is that you should be happy most — if not all — of the time.

Tal Ben-Shahar turns those ideas on his head. He argues that so-dubbed "negative" emotions are part of the joy of life, part of being happy. Rather than avoiding or suppressing such emotions he shows you how to use mindfulness tools to accept your humanity and become an Optimalist instead of a Perfectionist.

Acting on his ideas has liberated me from feeling like I have to do everything I possible. Case in point. Even though I'm a prolific reader, I still have an ever-swelling pile of books in my to-read pile. When I die, I'm going to have unread books. Instead of feeling the weight of obligation to buy every book, I've accepted that I love to have books around me, that I'm a collector, and as such, I have the option but not the obligation to read.

This is a great start into scientific-based positive psychology.

Kristina says

practical guidance supported by various studies and interwoven with Tal's own experiences as a perfectionist
