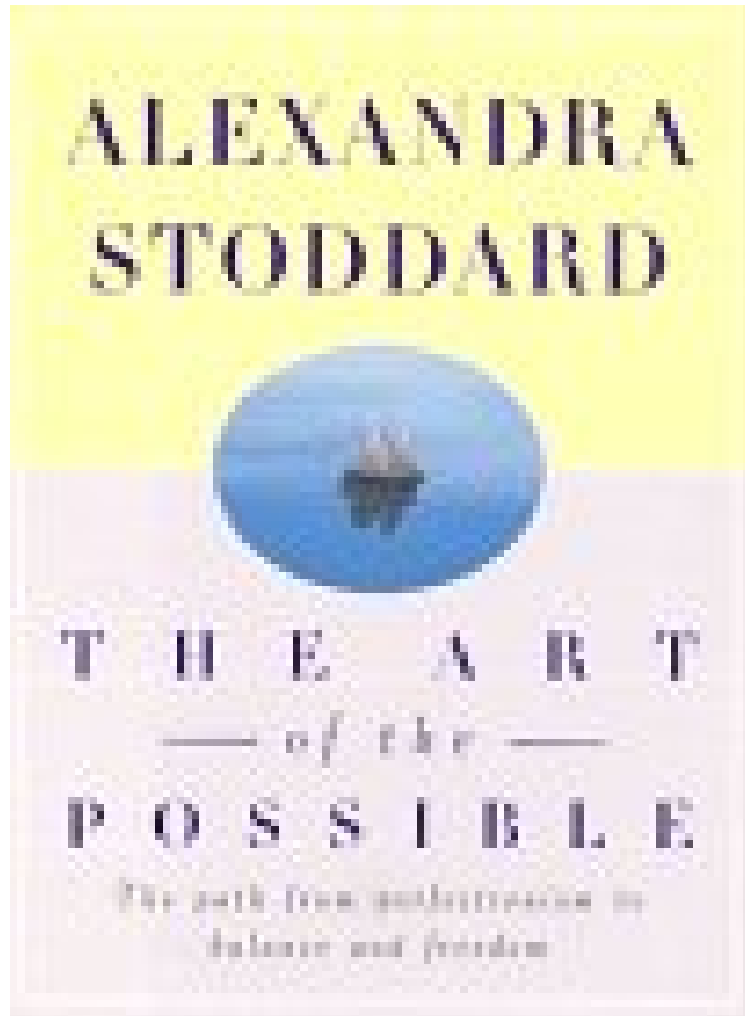


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The Art of the Possible: The Path from Perfectionism to Balance and Freedom

Alexandra Stoddard

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Alexandra Stoddard : The Art of the Possible: The Path from Perfectionism to Balance and Freedom before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of the Possible: The Path from Perfectionism to Balance and Freedom:

0 of 0 people found the following review helpful. Good BookBy SCTThis is not one of Ms. Stoddard's best books, but it's still good. I enjoy her style of writing and her choice of topics for her books. She is a very talented writer.0 of 0 people found the following review helpful. Stoddard, Art of GraciousnessBy JosieStoddard always gives us a gentle, inviting lifestyle book. This one has encouraging words for a less hectic path. She always has lovely descriptive paragraphs that make one wish for an earlier time that is more gracious.13 of 15 people found the following review

helpful. Helpful for some, but it's not for everyone. By A Customer I have read other books on perfectionism, as well as scientific research papers on this topic, and this particular book was somewhat helpful but not really what I was looking for. Nevertheless, if you are different from me and you like her style, you may benefit greatly from this book on an important topic about which too little has been written. So I have given this book 4 stars even though it didn't fit me very well, because I think it may help a lot of other people. It is definitely not a concise, scientific book on perfectionism. I found that each significant point that she made seemed to take a lot of pages, and many of her points were repeated, so I found that my mind kept wandering. Also, I was somewhat disappointed in her long section on death, because I am a Christian and I have much more hope in an afterlife than she does. Her belief seems to be summed up by the following quotation which she gives from Peter Megargee Brown: "The memory of you with those you left behind is perhaps your ultimate immortality." Finally, I am a male reader but I think her writing style would appeal much more to women. Regardless, she made some excellent points, especially in the first three chapters, and I did benefit to some extent from reading this book. But for my personality, the best book I have found on perfectionism is "Too Perfect: When Being in Control Gets Out of Control" by Allan Mallinger.

As she reflects on the beauty of a balanced life, the author of *Making Choices* shares her ideas on ways to seek excellence, the importance of cherishing special moments, and how to live with simplicity and grace. 50,000 first printing. Tour.

From Publishers Weekly A popular lifestyle guru (*Creating a Beautiful Home*) here tackles the perfectionist traits that, she claims, frustrate people. "Balance, the middle path, is the key to a happy and purposeful life," counsels Stoddard as she illustrates her ideas about graceful living with anecdotes, personal revelations and aptly chosen marginalia. Her Martha Stewart-like enthusiasm for creativity is tempered by her personal philosophy of Zen-based quietude, and perhaps also by her encounters with life-changing events like death and divorce. By describing her own release from the thrall of perfectionism and her subsequent enjoyment of moments spent in a simplified atmosphere, Stoddard offers inspiration and motivation in a way her followers should enjoy. Copyright 1995 Reed Business Information, Inc. From Library Journal In her latest work, Stoddard (e.g., *Living a Beautiful Life*, LJ 10/15/86) tackles perfectionism with aplomb. Elegantly and simply narrating her message, Stoddard offers a personal, anecdotal story that explains the need for balance in living an easier, happier life. Perfectionism is symptomatic of a life out of balance, according to Stoddard, and it doesn't mix well with parenting. She stresses the need for play and personal time to remain centered and separate from a busy work schedule. On each page her journalistic style is augmented by special quotes, and eloquent chapters on love, healing, and death are inspirational. Recommended for public libraries where Stoddard's other works are popular. Lisa Wise, EBSCO, Springfield, Va. Copyright 1995 Reed Business Information, Inc. Achieve balance and freedom instead of being a slave to perfectionist qualities in a fine title which covers the dangers of perfectionist thinking. This will make a fine choice for many; from those over-achievers who are driven to success extremes to loving parents and spouses who want to encourage healthy responses in kids and partners. -- Midwest Book