

TOO PERFECT

WHEN BEING IN CONTROL
GETS OUT OF CONTROL



ALLAN E. MALLINGER, M.D.,
AND JEANNETTE DEWYZE

Too Perfect When Being In Control Gets Out Of Control

Allan Mallinger, Jeannette Dewyze



Too Perfect When Being In Control Gets Out Of Control:

Too Perfect Allan Mallinger, Jeannette Dewyze, 2011-06-29 For many of us perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil trying to satisfy everyone, attempting to direct the future and feeling that we are failing. In *TOO PERFECT* Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, *TOO PERFECT* offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness.

Too Perfect Allan E. Mallinger, Jeannette De Wyze, 1993 *Too Perfect* Allan Mallinger, Jeannette Dewyze, 1995-05-02
For many of us perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil trying to satisfy everyone, attempting to direct the future and feeling that we are failing. In *TOO PERFECT* Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, *TOO PERFECT* offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness. From the Trade Paperback edition **How to be Enough** Ellen Hendriksen, 2025-01-14 Are you your own toughest critic? Learn to be good to yourself with this clear and compassionate guide. Do you set demanding standards for yourself? If so, a lot likely goes well in your life. You might earn compliments, admiration, or accomplishments. Your high standards and hard work pay off. But privately you may feel like you're falling behind, faking it, or different from everybody else. Your eagle-eyed inner quality control inspector highlights every mistake. You try hard to avoid criticism but criticize yourself. This is perfectionism. And for everyone who struggles with it, it's a misnomer: perfectionism isn't about striving to be perfect. It's about never feeling good enough. Dr. Ellen Hendriksen, clinical psychologist and anxiety specialist, is on the same journey as you. In *How to be Enough*, Dr. Hendriksen charts a flexible, forgiving, and freeing path, all without giving up the excellence your high standards and hard work have got you. She delivers seven shifts to move you from self-criticism to kindness, control to authenticity, procrastination to productivity, comparison to contentment. Each will help you find self-acceptance, rewrite the Inner Rulebook, and most of all, cultivate the authentic human connections we're all craving. **Self-Help Books** Sandra K. Dolby, 2010-10-01 Understanding instead of lamenting the popularity of self-help books. Based on a reading of more than three hundred self-help books, Sandra K. Dolby examines this remarkably popular

genre to define self help in a way that's compelling to academics and lay readers alike Self Help Books also offers an interpretation of why these books are so popular arguing that they continue the well established American penchant for self education they articulate problems of daily life and their supposed solutions and that they present their content in a form and style that is accessible rather than arcane Using tools associated with folklore studies Dolby then examines how the genre makes use of stories aphorisms and a worldview that is at once traditional and contemporary The overarching premise of the study is that self help books much like fairy tales take traditional materials especially stories and ideas and recast them into extended essays that people happily read think about try to apply and then set aside when a new embodiment of the genre comes along

The Swiss Cheese Theory of Life Judith Belmont, Lora Shore, 2012 The Swiss Cheese Theory of Life is a book about Resiliency Using Swiss Cheese as a metaphor for life itself we explore ways to get through the holes rather than get stuck in them Swiss is not like any other cheese and neither are you This book will give you an opportunity to learn quick easy and effective skills that will last a lifetime Take a bite into The Swiss Cheese Theory of Life and experience a new and better way of living right now

Reinventing Me Phil Stone LCSW, 2024-03-27 Are you struggling with who you are and where are you going in life Have you experienced a loss or a change in your life that has you looking around asking yourself Now What How would you like to have a life with more joy more confidence and more peace of mind Reinventing Me is a journey of rediscovering who you are what you want and how to create the life you have always wanted Phil Stone will take you on a dynamic engaging and playful journey to renew vision passion and meaning in your life

Too Perfect Trudy Ludwig, 2009-05-12 Maisie thinks Kayla is perfect She's pretty and thin has cool clothes gets good grades and she's a star on the soccer field But is Kayla happy The more Maisie gets to know Kayla the more she begins to question whether being perfect is really so wonderful In Too Perfect acclaimed speaker and child advocate Trudy Ludwig explores the relentless and destructive drive for perfection and the freedom that comes from accepting one's self

When Working Out Isn't Working Out Michael Gerrish, 1999-04-15 Considered a holistic fitness guide this book exposes readers UFOs Unidentified Fitness Obstacles With an arsenal of cutting edge information this book enables them to uncover the missing links in the quest for a healthy body Line drawings

Conquering Ring Nerves Diane Peters Mayer, 2008-05-05 Proven ways to overcome performance anxiety Whether you're new to dog sports or an experienced dog handler it's quite common to experience mild to severe performance anxiety during competition Now with Conquering Ring Nerves you can face and overcome your anxiety through an easy to follow successful program No matter what's going on inside or outside the ring Diane Peters Mayer shows you how to calm yourself stay focused boost your self esteem and give a blue ribbon performance She uses a multidimensional approach developed during her years as a psychotherapist and anxiety specialist complete with exercises and techniques adapted from such areas as sports psychology yoga and physical fitness You'll discover how to ground yourself and compete from your core and take advantage of quick stress busters and ways to loosen and energize

your body Packed with proven tips to find success and have fun in the ring Conquering Ring Nerves is your one stop guide to overcoming competition jitters and becoming the handler of your dreams Reveals how to achieve peak performance under pressure in all dog sports from agility obedience and confirmation to Rally O freestyle and more Features illuminating real life ring nerves stories Explains how to stop being afraid set goals and reach them Includes a Training Diary to keep yourself on track during training and competitions Offers further reading and resources lists to build upon what you ve learned

The Enigmatic Realm of **Too Perfect When Being In Control Gets Out Of Control**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Too Perfect When Being In Control Gets Out Of Control** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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