

When Perfect Isn't Good Enough

*Strategies for
Coping with
Perfectionism*



Martin M. Antony, Ph.D., & Richard P. Swinson, M.D.

When Perfect Isn T Good Enough When Perfect Isn T Good Enough

R Bogdan



When Perfect Isn T Good Enough When Perfect Isn T Good Enough:

When Perfect Isn't Good Enough Martin Antony, Richard Swinson, 2009-02-01 It s only natural to want to avoid making mistakes but imperfection is a part of being human And while perfectionists are often praised for their abilities being constantly anxious about details can hold you back and keep you from reaching your full potential In this fully revised and updated second edition of *When Perfect Isn t Good Enough* you ll discover the root cause of your perfectionism explore the impact of perfectionism on your life and find new proven effective coping skills to help you overcome your anxiety about making mistakes This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry depression anger social anxiety and body image As you complete the exercises in this book you ll find it easier and easier to keep worries at bay and enjoy life imperfections and all This book has been awarded The Association for Behavioral and Cognitive Therapies Self Help Seal of Merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy CBT principles and that incorporate scientifically tested strategies for overcoming mental health difficulties Used alone or in conjunction with therapy our books offer powerful tools readers can use to jump start changes in their lives

When Perfect Isn't Good Enough Martin M. Antony, Richard P. Swinson, 2009-02-01 This revised and updated edition of *When Perfect Isn t Good Enough* offers the benefits of the latest research to readers who dread making mistakes and feel that nothing they do is quite good enough *When Perfect Isn't Good Enough* Martin M. Antony, Richard P. Swinson, 2007 *What to Do When Good Enough Isn't Good Enough* Thomas S. Greenspon, 2007-03-15 Perfectionism may seem like a worthy goal but it s actually a burden When you believe you must be perfect you live in constant fear of making mistakes Most children don t know what perfectionism is yet many suffer from it Nothing they do is ever good enough School assignments are hard to start or hand in Relationships are challenging and self esteem is low Written to and for ages 9 13 this book helps kids understand how perfectionism hurts them and how to free themselves Includes true to life vignettes exercises and a note to grown ups *Summary of Martin M. Antony & Richard P. Swinson's When Perfect Isn't Good Enough* Everest Media, 2022-05-22T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The desire to improve your performance or meet high standards is not the same as being perfectionistic It is this very desire to meet certain goals that helps you perform effectively in your environment 2 Perfectionism is the desire to achieve high standards and it is different from a healthy desire to achieve high standards Perfectionists regard anything short of perfection as unacceptable 3 Perfectionism is defined as having high standards and expectations that are difficult or impossible to meet It is often associated with other problems such as anxiety and depression 4 The appropriateness of a belief about standards for performance depends on several factors the excessiveness of the standard the accuracy of the belief the costs and benefits of imposing the standard and the flexibility of the standard or belief

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The Enigmatic Realm of **When Perfect Isn T Good Enough When Perfect Isn T Good Enough**: 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 short of extraordinary. Within the captivating pages of **When Perfect Isn T Good Enough When Perfect Isn T Good Enough** a literary masterpiece penned by way of a renowned author, readers set about 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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