

Strategies for Coping
with Perfectionism

WHEN
PERFECT
ISN'T GOOD
ENOUGH

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

When Perfect Isn't Good Enough Strategies For Coping With Perfectionism

Lillie Weiss



When Perfect Isn't Good Enough Strategies For Coping With Perfectionism:

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, 2007 This 2007 edition published by Barnes & Noble Inc. by arrangement with New Harbinger Publications Inc. **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.

The Worrier's Guide to Overcoming Procrastination Kevin Gyoerkoe, Pamela Wiegartz, 2011-01-01 *The Worrier's Guide to Overcoming Procrastination* provides readers who suffer from anxiety-driven procrastination and procrastination-driven anxiety with effective cognitive behavioral therapy strategies for reducing fear and taking action.

The Big Book of Parenting Solutions Michele Borba, 2009-08-11 The Today show expert tackles 101 issues ranging from sibling rivalry, lying, and peer pressure to cell phone use and TV addiction. Indispensable Publishers Weekly. A recommended read for moms by Working Mother magazine. In this down-to-earth guide, parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more. Written for parents of kids age 3-13, this book offers easy-to-implement advice for the most important challenges parents face with kids from toddlers to tweens. Includes immediate solutions to the most common childhood problems and challenges. Written by Today's resident parenting expert Michele Borba. Offers clear step-by-step guidance for solving difficult childhood behaviors and family conflicts. Contains a wealth of advice that is easy to follow and gets quick results. Author has written outstanding parenting books including *Building Moral Intelligence*, *No More Misbehavior*, *Don't Give Me That Attitude*.

and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate Moms and dads have come to rely on Dr Borba for advice on issues large and small The Big Book of Parenting Solutions is an indispensable comprehensive and authoritative guide to the wonderful and sometimes wacky world of parenthood You ll find yourself dipping into it for answers again and again Dana Points Editor in Chief Parents Magazine The easy to use problem solution format will have you battling your biggest parenting crises with confidence Working Mother *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

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 *Encyclopedia of Cognitive Behavior Therapy* Stephanie Felgoise,Arthur M. Nezu,Christine M. Nezu,Mark A. Reinecke,2006-06-18 One of the hallmarks of cognitive behavior therapy is its diversity today Since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders The Encyclopedia of Cognitive Behavior Therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume With a preface by Aaron T Beck founder of the cognitive approach the Encyclopedia features entries by noted experts including Arthur Freeman Windy Dryden Marsha Linehan Edna Foa and Thomas Ollendick to name but a few and reviews the latest empirical data on first line therapies and combination approaches to give readers both insights into clients problems and the most effective treatments available Common disorders and conditions anxiety depression OCD

phobias sleep disturbance eating disorders grief anger Essential components of treatment the therapeutic relationship case formulation homework relapse prevention Treatment methods dialectical behavior therapy REBT paradoxical interventions social skills training stress inoculation play therapy CBT medicine combinations Applications of CBT with specific populations children adolescents couples dually diagnosed clients the elderly veterans refugees Emerging problems Internet addiction chronic pain narcolepsy pathological gambling jet lag All entries feature reference lists and are cross indexed The Encyclopedia of Cognitive Behavior Therapy capably fills practitioners and educators needs for an idea book teaching text or quick access to practical workable interventions **Journal of Sport & Exercise Psychology** ,2009 **Six Keys to**

Creating the Life You Desire Mitch Meyerson,Laurie Ashner,1999 The authors of When Parents Love Too Much return with an interactive workbook that helps people conquer feelings that something is missing 30 worksheets Consumable

Why Can't I Be the Parent I Want to Be? Charles H. Elliott,Laura L. Smith,1999 This breakthrough guide challenges parents to change their ingrained beliefs emotional obstacles that prevent them from doing what's best for their children Worksheets **Getting Old Without Getting Anxious** Peter V. Rabins,Lynn Lauber,2005 Discusses strategies and techniques on how the elderly can lead a more productive life free from stress anxiety and depression *International*

journal of sport psychology ,2003 **Practical Dreaming** Lillie Weiss,1999 Shares a step by step method that anyone can use to understand what dreams are trying to tell us The author explains how dream language works describes techniques to help remember dreams and ask them for guidance and explains how to interpret a dream's symbols and relate the dream to your waking life **Amongst Ourselves** Tracy Alderman,Karen Marshall,1998 Amongst Ourselves is a self help guide

written expressly for individuals with DID MPD and the first to provide readers with the practical steps they can take to cope with the condition and emerge with greater self awareness and the skills to live a rich and rewarding life Authors Tracy Alderman and Karen Marshall explain what DID is and provide a clear account of its underlying causes and symptoms They describe what it's like to live with DID and make practical suggestions for coming to terms with the condition managing the confusion and self destructive behaviors that often accompany it and deciding to come out to others Karen lends a unique and immensely important perspective in that she is able to speak as both a therapist and as an individual with DID Through her insights as well as guided exercises throughout the text readers learn New skills and strategies to help them manage living with DID An appreciation for DID's positive aspects What to expect from therapy and available treatment options How to become more aware of themselves and the ways in which DID affects their lives **Don't Let Your Mind Stunt Your**

Growth Bryan E. Robinson,2000 The bestselling author of the Healograms series offers a new collection of 70 stories fables and techniques that guide readers to see how their minds create each experience they have The book encourages them to change their feelings and behaviors by consciously and deliberately looking at situations with new eyes **The Complete**

Mental Health Directory Richard Gottlieb,2006-03 Provides comprehensive coverage of 27 specific mental health disorders

from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources The Divorce Book Matthew McKay,1999 Written in clear simple language for those going through a divorce or separation this fully revised edition includes topics on mourning and mending conflict resolution effects on children and divorce mediation New sections on coping with stress learning new ways to communicate with your partner and negotiating short term agreements are featured **Cognitive-behavioral Therapy for Refractory Cases** Derek Truscott,2010 Through exploratory reflection this book will help you find a theory that is compatible with your own worldview and will encourage you to be a more effective therapist by adapting it to honor the worldviews of your clients By understanding your values and those upon which the major systems of psychotherapy are based you can choose a model for practice that you believe in to maximize your satisfaction confidence and effectiveness as a therapist BOOK JACKET **10**

Simple Solutions to Shyness Martin M. Antony,2004

When Perfect Isn't Good Enough Strategies For Coping With Perfectionism Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**When Perfect Isn't Good Enough Strategies For Coping With Perfectionism**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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