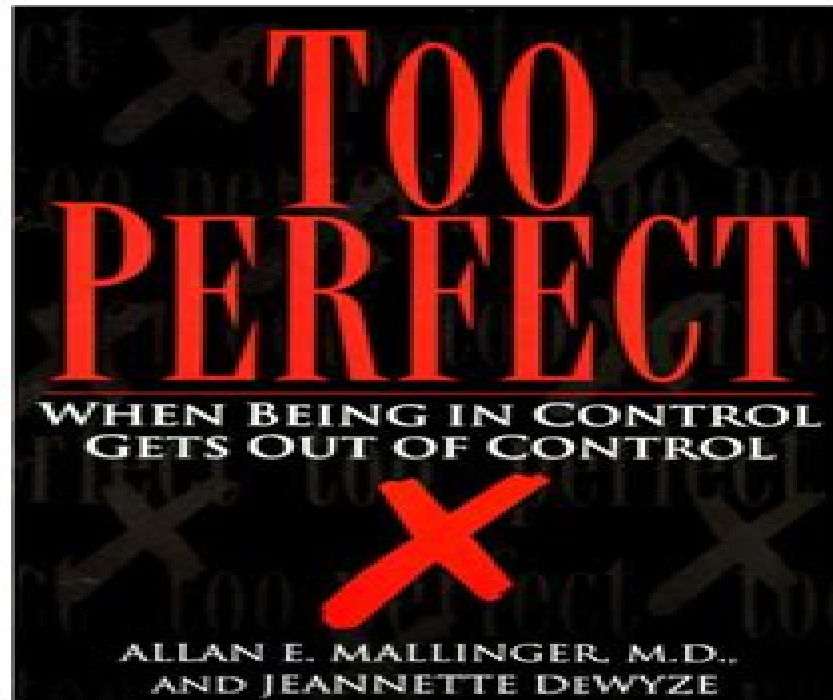


## Too Perfect: When Being in Control Gets Out of Control



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# Too Perfect When Being In Control Gets Out Of Control

**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      *Too Perfect* Mallinger, Jeannette Dewyze, 1996-06-01 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.      **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 criticise 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

**High Octane Women** Sherrie Bourg Carter,2011-02-02 In this authoritative well researched book full of helpful insights and practical advice a psychologist draws on more than 15 years experience and expertise in stress management to explore the unique challenges that high achieving women face and how they can avoid burnout      **Burnout** Gordon Parker,Gabriela Tavella,Kerrie Eysers,2022-12-30 Burnout A Guide to Identifying Burnout and Pathways to Recovery is the first complete self help guide to burnout based on groundbreaking new research Burnout is widespread among high achievers in the workplace and the problem is becoming more prevalent and profound in its impact This book contains new evidence based tools for readers to work out for themselves whether they have burnout and generate a plan for recovery based on their personal situation Chapters show readers how to recognise their own burnout patterns and how far they may have travelled into burnout territory and provide research based management approaches to help them regain their passions and build their resilience Offering fascinating new insights into the biology of burnout and stories from people who have rebounded from it the book acts as a complete guide for anyone who suspects they may have burnout for their friends and families and for health professionals and employers      **Embryo Wars** Dr . Darrell Angle,2021-06-08 What happens when medical technology moral values the legal system religion psychopathology human life and human rights all collide at the same crossing As a series of events unfolded Dr Darrell Angle stood in the epicenter of this cataclysm the first man in US legal history to fight for his human embryos to be given the opportunity to live on this planet Once the unwitting participant in the unimaginable saga now he is the willing warrior to affirm the immeasurable value of human life This is his real singular story It opens a menagerie of tangential soul searching questions for our culture medical science religion law and ethics Come along this

journey if you are willing to test your bedrock beliefs on the value of human existence in our world      *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 is 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

**Vital Signs** Gregg Levoy, 2015-12-29 Explores what inspires passion and what defeats it How we lose it and how we get it back And ultimately examines the endless yet endlessly fruitful tug of war between freedom and domestication the wild in us and the tame our natural selves and our conditioned selves      Take Back Your Life Odette Pollar, 1999-01-01 The author of *Organize Your Workspace* 100 000 copies in print shows how to avoid time starvation with a set of guidelines for reducing resource expenditures and maximizing time      *From Stress to Well-Being* Craig Ellison, 2003-06-17      Attachment and Psychopathology Manuel Hernández Pacheco, 2025-11-28 This English translation of the Spanish bestseller *Apego y psicopatología* is an interdisciplinary study on how the early years of our life can influence the way we view ourselves and others The book is split into two parts the first exploring the theoretical foundations of the PARCUVE model created by the author which describes the importance of the early years of our lives in the origin of many psychological pathologies The second addresses the treatment of emotions feeling and behaviors associated with psychological disorders from a body mind brain integrative approach as well as through different therapeutic approaches that have proven their efficacy in the past It provides readers with tools to intervene with patients from different angles and thus attack psychological pathologies at the root beyond the symptoms Enriched with real life examples to assist in readers understanding of the neurobiological and emotional processes *Attachment and Psychopathology* is an ideal resource for psychologists and psychology students psychiatrists and psychiatry students and social workers      Living Beyond the Grave Bruno R. Giamba, 2016-12-22 Have you ever heard someone say I can be a perfectionist or I can be critical or I have a bad temper Have you ever considered which sins were in the tomb with Jesus before he was resurrected on the third day I am sure that many have not considered it In *Living Beyond the Grave* Bruno R Giamba examines how perfectionism critical vengeful spirit and anger are more than simply a personality trait or something that has been adopted by a family context As we examine systematic theology we discover that Jesus was the curse for the law Gal 3:13 Salvation cannot be attained by keeping a perfect law but only through trusting in the person and work of Christ An overwhelming majority of Christians are still attempting to please God by keeping a record They strive to be perfect Perfectionism is in the grave Is there no condemnation to those who are in Christ Jesus Rom 8:1 Then why are Christians more likely to condemn others rather than pray for others Did Jesus not take on the cup of wrath for mankind Matt 26:39 Yet why are more Christians living in anger Is it possible that most Christians excuse

their sin by blaming a personality trait or a past family context We must not allow this Its time for all Christians to take the responsibility that we are living in the grave and need to live beyond the grave I believe there is great hope for the body of Christ when individuals take their sin to the feet of Jesus and begin to believe that Christ can set them free As freedom reigns Christians will live beyond the grave

The Top Books of the Year Too Perfect When Being In Control Gets Out Of Control The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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