

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

Michal Rosen-Zvi



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** 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. **Too Perfect** Allan Mallinger, Jeannette Dewyze, 1993-06-01 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. **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 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. *Reinventing Me* Phil Stone, LCSW, 2024-03-27 Are you struggling with who you are and where you are 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. *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

Diagnosis and Remediation Practices for Troubled School Children Harold F. Burks,2008 In this resource for educators Harold F Burks offers a comprehensive guide to the evaluation techniques and intervention strategies that have worked with many school children experiencing problems Thus Diagnosis and Remediation Practices for Troubled School Children attempts to clarify the understanding of observed unwanted child behavior symptoms whether they be physical intellectual academic or social in nature investigate with educators and parents and sometimes children the possible causal factors that antedate these behavior manifestations create in cooperation with parents and school personnel innovative intervention techniques to help children learn accepted behavior patterns The methods outlined in the book are intended for teachers principals school psychologists school nurses guidance personnel and persons in related professions such as social workers clinical psychologists and psychiatrists It is assumed the readers will have acquired a rudimentary knowledge of psychological dynamics acquired through college courses in the areas of diagnostic methods aberrant behavior personality theory learning disorders special education and counseling techniques This book is appropriate for use in graduate courses concerned with child exceptionality and psychopathology

The Mind-Body Makeover Project Michael Gerrish,2002-12-12 Donated

Paragraphs and Essays Lee E. Brandon,2005 Clinical Guidelines in Adult Health Constance R. Uphold,Mary Virginia Graham,1998-07

Person to Person Sharon L. Hanna,1995 This book offers a positive approach to encouraging healthy interactions and relationships in a variety of real life situations It features chapters on personal understanding and self enhancement improving interpersonal communication skills and developing and enriching different types of relationships

An Exploration of the Relationship Between Amish Identity and Depression Among the Old Order Amish Denise Mae Reiling,2000

The Cumulative Book Index ,1992 A world list of books in the English language

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