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Overcoming Perfectionism 2nd Edition A self-help guide using scientifically supported cognitive behavioural techniques [Robinson](#) **How to break the circle of 'never good enough' Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals. Such high levels of perfectionism, often driven by low self-esteem, can turn against success and develop into unhealthy obsession, triggering serious mental-health problems, such as anxiety, depression and eating disorders. Cognitive behavioural therapy (CBT), on which this self-help book is based, has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough. In this essential self-help guide, you will learn: - How clinical perfectionism manifests itself - Effective coping strategies with invaluable guidance on how to avoid future relapse** **OVERCOMING self-help guides use**

clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

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- How clinical perfectionism manifests itself
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OVERCOMING self-help guides use clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

Overcoming Perfectionism A self-help guide using scientifically supported cognitive behavioural techniques [Robinson](#) How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') is can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes:

- Description of Clinical Perfectionism
- Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue
- Identifying the problem and monitoring
- Overcoming perfectionism - step-by-step self-help course based on CBT principles
- Avoiding relapse
- Case studies
- Other treatments
- an overview

Overcoming Perfectionism A self-help guide using scientifically supported cognitive behavioural techniques [Hachette UK](#) How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') is can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of

personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes: - Description of Clinical Perfectionism - Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue - Identifying the problem and monitoring - Overcoming perfectionism - step-by-step self-help course based on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview

The Everything Guide to Coping with Perfectionism Overcome Toxic Perfectionism, Learn to Embrace Your Mistakes, and Discover the Potential for Positive Change [Simon and Schuster](#) Find your perfect balance! Perfectionism is an admirable quality, right? After all, what's wrong with working hard to reach lofty goals? But sometimes perfectionism can go too far--well beyond pulling extra hours at work to beat a deadline or cleaning the house until it shines. Toxic perfectionism can result in obsessive behavior, damaged self-esteem, depression, and even physical ailments. In **The Everything Guide to Coping with Perfectionism**, you'll find tips and techniques to help you recognize symptoms of toxic perfectionism and learn how to introduce flexibility and balance into your life. This easy-to-use guide includes information on: The surprising link between perfectionism and procrastination Eating disorders and the role perfectionism plays in their development The relationship between obsessive behavior and anxiety How toxic perfectionism manifests in children In addition, you'll learn that you don't necessarily need to "fix" perfectionism--you can mold perfectionist behavior into healthy habits and harness your high ambitions to create achievable and positive goals.

Overcoming Anxiety A Books on Prescription Title [Robinson](#) Fully updated edition of the bestselling self-help book, now recommended on the national Books on Prescription scheme. This ever-popular guide offers a self-help programme, written by one of the UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy. The following websites may offer useful further information on anxiety disorders: www.social-anxiety.org.uk www.stress.org.uk www.triumphoverphobia.com

The Complete Overcoming Series A comprehensive series of self-help guides using Cognitive Behavioral Therapy [Hachette UK](#) The complete set of self-help guides from the popular Overcoming series. Each guide is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties. Each guide comprises a step-by-step self-help programme based on CBT and contains: -Useful information about the disorder -Practical strategies and techniques based on CBT -Advice on how to keep recovery going -Further resources

The Complete Overcoming Series contains 31 titles: Overcoming Anger and

Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge-Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization & Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self-Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears & Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming You Smoking Habit Overcoming Low Self-Esteem [Constable & Robinson Ltd](#) **Melanie Fennell's Overcoming Low Self-Esteem** is a classic of self-help literature, winning acclaim for its practical and user-friendly approach and now recommended on the National Health Service's self-help scheme known as Books on Prescription. This book will aid readers to understand their condition and with this knowledge enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better. Explains the nature of low self-esteem and self-destructive thinking. Contains a complete self-help programme and monitoring sheets. Is based on clinically proven techniques of cognitive therapy. **Overcoming Depression 3rd Edition** A self-help guide using cognitive behavioural techniques [Robinson](#) **Overcoming** app now available via iTunes and the Google Play Store. **A Books on Prescription Title Break free from the hell of depression** If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood. **Cognitive-Behavioral Treatment of Perfectionism** [Guilford Publications](#) This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions.

Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. **When Perfect Isn't Good Enough Strategies for Coping with Perfectionism** [New Harbinger Publications](#) 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. **Overcoming Perfectionism How to Let Go of Self-Criticism, Build Self-Esteem, and Find Balance** Perfectionism is a character or personality trait that causes life to feel like a never-ending report card. A perfectionist feels as if they are being forever graded on their accomplishments, their appearance, their organization, and just about everything else. This book explores the ways in which perfection can have positive and motivational impacts like providing the drive to overcome adversity or achieve certain goals. However, it can often become difficult to manage and lead to unhealthy outcomes that can translate quickly into anxiety, relationship challenges, daily struggles and overall unhappiness. You'll learn how to identify perfectionistic tendencies and their triggers as well as how to build self-acceptance and self-esteem. Learning to cope with and manage perfectionism can lead to better relationships with family, co-workers and most important with yourself. Case studies, professional advice, practical tips, chapter recaps and several easy to follow mini-lessons are included in order to make this a book that readers will use as a reference tool for many years to come. **Overcoming Perfectionism Finding the Key to Balance and Self-Acceptance** [Health Communications, Inc.](#) Presents a description of the main features of perfectionism, along with advice on how to overcome its limitations and consequences and achieve greater intimacy and self-acceptance. **Overcoming Perfectionism A Self-Help Guide Using Cognitive Behavioral Techniques (Large Print 16pt)** [ReadHowYouWant](#) How to break the

vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') is can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating diso... What to Do When Good Enough Isn't Good Enough The Real Deal on Perfectionism: A Guide for Kids [Free Spirit Publishing](#) 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.

Overcoming Perfectionism A Self-help Guide Using Cognitive Behavioral Techniques [Constable](#) How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') is can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes: - Description of Clinical Perfectionism - Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue - Identifying the problem and monitoring - Overcoming perfectionism - step-by-step self-help course based on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview **The CBT Workbook for Perfectionism Evidence-Based Skills to Help You Let Go of Self-Criticism, Build Self-Esteem, and Find Balance** [New Harbinger Publications](#) If you feel an intense pressure to be perfect, this evidence-based workbook offers real strategies based in cognitive-behavioral therapy (CBT) to help you develop a more balanced and healthy perspective. Do you hold yourself—and perhaps others—to extremely high standards? Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly? If you've answered "yes" to one or both of these questions, chances are you're a perfectionist. And while there's nothing wrong with hard work and high standards, perfectionism can also take over your life if you let it. So, how can you find balance? With this workbook, you'll identify the causes of your perfectionism and the ways it is negatively impacting your life. Rather than measuring your self-worth by productivity and accomplishments, you'll learn to exercise self-compassion, and extend that compassion to others. You'll also learn ways to prioritize the things that really matter to you, without focusing on attaining fixed goals. Life isn't perfect, and neither are

we. If you're ready to break free from out-of-control perfectionism and start living a richer, fuller life, this workbook will help you get started. **Letting Go of Perfect Overcoming Perfectionism in Kids Proven strategies for helping kids and teens break free of the bonds of perfectionism. Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens** pinpoints a crippling state of mentality among many kids and teens today - the need to be absolutely perfect - and gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism. For children who believe their best is never good enough, perfectionism can lead to excessive guilt, lack of motivation, low self-esteem, depression, pessimism, obsessive and compulsive behavior, and a sense of rigidity. By delineating the major types of perfectionists and providing practical tips, the authors show parents and teachers how they can help these children effectively control their perfectionist tendencies and use those to their advantage. This engaging, practical book is a must-have for parents, teachers, and counselors wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity. **Overcoming Childhood Trauma A Self-Help Guide Using Cognitive Behavioral Techniques** [Robinson](#) This book will help the sufferer understand the links between past trauma and present difficulties and offers ways to gain control over these problems, allowing the individual to deal with intrusive memories, manage mood swings and build better relationships in adulthood. **Never Good Enough How to Use Perfectionism to Your Advantage Without Letting it Ruin Your Life** [Simon and Schuster](#) Shows how perfection can cause depression, low self-esteem, and other problems and leads readers through a comprehensive program designed to release them from its grip. **Shattering the Porcelain Overcoming Perfectionism and People-Pleasing and Becoming the Real You** [Embracing Authenticity](#) Perfectionists and people-pleasers put in enormous amounts of time and energy trying to be the best, the brightest, and the nicest. They twist themselves in knots trying to be what they think they should be in order to get approval or avoid rejection from others. But at what cost? In **Shattering the Porcelain**, Dr. Carly LeBaron explores what perfectionism and people-pleasing are, how they negatively impact your life, and how to break free from those perfectly pleasing patterns to embrace who you truly are. In this book you'll learn: -How perfectionism and people-pleasing negatively impact your mental, emotional, and relational health. -Where your perfectionism and people pleasing originated and how to use that knowledge to guide your journey to becoming the real you. -The type of perfectionist and/or people-pleaser you are and how that influences your life experiences. -Practical tips, tricks, and techniques to use in changing the way you think, how you feel, and what you do that keeps you stuck. - How to shatter your perfectionism and people-pleasing and start embracing authenticity. **Overcoming Weight Problems 2nd Edition A self-help guide using cognitive behavioural techniques** [Robinson](#) This clinically

tested, comprehensive course based on cognitive behavioural therapy (CBT) techniques can provide a longer-term solution to your weight problems. You'll come to understand your own psychological blocks to managing weight and discover how to sustain a healthy lifestyle. Learn how you can: - Develop the motivation to change your eating and activity - Respond to emotional eating in a helpful way - Work with the thoughts and emotions getting in the way of change - Work out a simple, healthy and sustainable eating plan that fits with your daily routine - Find easy ways to add more physical activity into your everyday life

Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well scheme.

Series editor: Emeritus Professor Peter Cooper

Overcoming Weight Problems [Robinson](#) From their ground-breaking work with CBT techniques in London's only NHS clinic for obesity, Drs Jeremy Gauntlett-Gilbert and Clare Grace have developed this accessible self-help guide, based on clinically tested methods that will help change thinking and overcome weight problems once and for all. How to:- - Develop real motivation to change - Deal with negative patterns of thinking and blocks and understand why you have gained weight and can't shift it - Develop a healthy and sustainable eating plan and understand why quick-fix diets are not the answer - Bring more activity into life over the long term - Handle difficult emotions and physical feelings

Overcoming Perfectionism [Bookboon](#)

Overcoming Hoarding A Self-Help Guide Using Cognitive Behavioural Techniques [Constable](#) "This book will help you understand the many reasons why you hoard items, and will provide you with step-by-step strategies to declutter your home and deal with underlying issues while managing emotional distress..."-- Back cover.

Letting Go of Perfect Empower Children to Overcome Perfectionism [Routledge](#) Letting Go of Perfect gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism. This second edition: Explores a state of mind that manifests in unhealthy ways among kids and teens today—the need to be perfect. Features updated research on perfectionism, new strategies, and resources. Delineates the major types of perfectionism and provides practical tips. Explains how students can use their perfectionistic behaviors in a healthy way. Shares advice and stories from real parents, educators, and students. For children who believe their best is never good enough, perfectionism can lead to excessive guilt, lack of motivation, low self-esteem, depression, pessimism, obsessive or compulsive behavior, and a sense of rigidity. This engaging, practical book is a must-have for parents and teachers wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity.

Overcoming Perfectionism The Key to Balanced Recovery [Hci](#) Offers helpful advice on how to avoid the pitfalls of perfectionism and how to achieve intimacy, enhance self-esteem, and live a full, satisfying life

How to Be an

Imperfectionist The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism [Selective Entertainment LLC](#) From an early age, kids are taught to color inside the lines, and any color that strays outside the lines is considered to be a mistake that must be avoided. Perfectionism is a naturally limiting mindset. Imperfectionism, however, frees us to live outside the lines, where possibilities are infinite, mistakes are allowed, and self-judgment is minimal. The old way to approach perfectionism was to inspire people to "let go" of their need for perfection and hope they could do it. The new way is to show people how simple but highly strategic "mini actions" can empower them to gradually and effortlessly "let go" of perfectionism. This book applies the science of behavior modification directly to the roots of perfectionism, resulting in a new and superior method for change. Imperfectionists aren't so ironic as to have perfect lives: they're just happier, healthier, and more productive at doing what matters. **Positive Intelligence Why Only 20% of Teams and Individuals Achieve Their True Potential and how You Can Achieve Yours** [Greenleaf Book Group](#) Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind. **Making Peace with Imperfection Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance** [New Harbinger Publications](#) Demanding perfection in everything you do can create a life of stress, worry, and overload. With this essential self-help guide, you'll learn to escape the perfectionism trap and cultivate unconditional self-acceptance in an imperfect world. Are you a perfectionist? Do you wear this title like a badge of honor, even though it creates needless stress in your life? Ironically, the stress you create by demanding perfection from yourself and others can actually make it harder to achieve your goals in the long run. It can also alienate you from friends, family, and coworkers. So, how can you escape the perfectionism trap and start living a life of self-compassion? In this informative and practical resource, author Elliot Cohen reveals the eleven types of perfectionism, and gives you the tools and skills you need to move past this distressing mind set before it leads to chronic stress, anxiety, anger, or even depression. Using strategies grounded in evidence-based rational emotive behavior therapy (REBT), you'll discover how your perfectionism is actually a result of irrational beliefs, learn to challenge these beliefs, and replace negative thoughts with compassionate ones. Being a perfectionist can affect virtually every decision you make, and every action you take—leading to a life of perpetual stress. This book can help you put a stop to the absolutist thinking behind your perfectionism and take steps toward a calmer, more balanced way of being. **Captain Perfection and the Secret of Self-Compassion** 'An excellent and important resource for kids to protect themselves from unhealthy perfectionism' - Mary L Herzog, PhD, Psychologist 'My Child is a Perfectionist' Does your child get upset when their work isn't perfect? Are they too hard on themselves when they don't live up to their own expectations? Captain

Perfection and The Secret of Self-Compassion is an excellent guide for children to help them manage perfectionism, boost self-esteem and build confidence. Self Compassion & Self Esteem in Children Self-compassion is the art of being kind to yourself and is proven to help manage perfectionism in children, channeling it in healthier ways. This self-help book inspires children to understand their perfectionism before encouraging them to build their very own 'self-compassion superpower', a valuable resource when unhealthy perfectionism hits. Self-Compassion can help them to: - recognize perfectionism when it strikes - stay calm and focused when they get frustrated - treat themselves with kindness so they can realize their potential and boost self esteem Featuring fun stories, amazing exercises, and proven techniques, Captain Perfection and the Secret of Self-Compassion is the best self-help book for young perfectionists! Perfect for ages 6+ The Perfectionism Workbook Proven Strategies to End Procrastination, Accept Yourself, and Achieve Your Goals [Althea Press](#) The Perfectionism Workbook offers actionable exercises to help you overcome the barriers created by perfectionism and develop skills for living a healthier, more gratifying life. The desire to continuously improve can be a positive trait that fuels success. However, those same aspirations can also turn into perfectionism, which causes us to put unrealistic pressure on ourselves and set impossible standards that negatively influence how we think and act. In his work as a clinical therapist, Taylor Newendorp has successfully used cognitive behavioral therapy (CBT) to help countless patients who live with the immense pressure of perfectionism and other related issues such as OCD, anxiety disorders, eating disorders, or depression. In The Perfectionism Workbook, Taylor delivers practical, effective exercises to help you change the way you view yourself, set healthy goals, and find contentment in your daily life. The Perfectionism Workbook is a hands-on guide especially designed to identify and resolve the root causes of perfectionism. In these pages you will find: A perfectionism overview that will help you understand the illusion of perfectionism, why it doesn't work, and what you can do to treat your perfectionism. The 5 tendencies of toxic perfectionism: Need for approval and pleasing others; Procrastination, inaction, and paralysis; Fear of making mistakes; Highly self-critical; Judgment of self and others. Practical strategies based on the principles of CBT, mindfulness, and acceptance that will help you quiet your critical inner voice, conquer procrastination, and develop true self-worth. Real-world examples of perfectionism that will provide meaningful opportunity for insight and reflection into your own perfectionism. Perfectionism can have serious consequences, both mentally and physically. But there is a solution--and it can be found in the pages The Perfectionism Workbook. A Perfectionist's Guide to Not Being Perfect [Magination Press](#) It's hard for teens to be happy when they've created a very narrow window of what defines success. The goal of this helpful book is to encourage teens to maintain their desire to achieve without striving to always be perfect and to appreciate and love who they

are just as they are, not for what they do or accomplish. Finding a balance between work and play is key. Challenging perfectionism is about the pursuit of happiness. When teens can recognize that perfectionism is a disadvantage, they can become motivated to do something about it. For many, it may just be shifting the perfectionism a bit to land in a more positive place. It might be about deciding when and where to be slightly perfectionistic, when and where they can let go of high standards and all-or-nothing thinking, and when it's okay to simply do a "good enough" job on something. Topics covered include: What is Perfectionism & Why Change it? Treating Perfectionism with Cognitive-behavioral therapy (CBT): Mastering Self-Care: Relaxation & Meditation Challenging Perfectionistic Thinking: The Path to Freedom Part 1 Decision-Making, Flexibility, & Comfort Zones Challenging Perfectionistic Behavior: The Path to Freedom, Part 2 Picture Perfect: Social Media & Body Image Making Mistakes, Failing & Life Lessons Stress Management & Balanced Living The book also includes resources, additional reading for teens, additional reading for Parents, apps, references, and a comprehensive index Symptoms of Perfectionism: Refusal to accept anything less than perfect Holding yourself to impossible-to-meet high standards Believing that your worth is measured by your achievements or grades Being hyper-focused on grades Needing to get straight-As or be the best at your sport/chosen activity Spending excessive amounts of time on projects or schoolwork because you have to make it perfect Checking work over and over again Needing extensions to hand in assignments or papers Being preoccupied with rules and lists Being rigid and inflexible (for example, if plans change) Difficulty asking for help Difficulty delegating tasks to others Difficulty making decisions Procrastination Being unable to handle making a mistake Feeling guilty for making a mistake or perceived failures Being self-critical and harsh with yourself if your performance falls short of perfect Constantly comparing yourself to others Only being happy when you win or come in first Being unable to accept feedback or constructive criticism Spending hours on your appearance Refusing to leave the house unless you look your best Hyper-focusing on parts of your body that you are not happy with Having negative body-image because your body is not perfect like a male or female model's body Restricted eating (either due to wanting to stay within a certain calorie range or only eating 100% clean foods) Waking up very early at the same time every day to exercise for 2 hours Expecting others to do things to your standards Regularly feeling disappointed in others Expecting that others won't make mistakes Holding others to high/unattainable standards (for example, that others should do things in the way you would) Being unwilling to delegate tasks to others Being critical of others Not being happy for others when they do well Trouble sharing your thoughts or feelings Difficulty relaxing and letting go Inability to be spontaneous Impact of Perfectionism: Stress Low self-esteem/ self-worth Low self-confidence/ not believing in yourself Self-doubt Self-criticism Self-deprecation Feeling lots of pressure Feeling like a failure

Feeling guilt Feeling a sense of shame **Inability to celebrate your achievements** **Negative impact on relationships with parents, teachers, friends** **Others perceiving you as judgmental or "hard" on them** **Trouble being close to others because you are overly judgmental** **Limited problem-solving skills resulting from inflexible thinking** **Limited creativity (often resulting from appealing to someone else's ideals)** **Missing out on enjoyable, fun experiences** **Missing out on being social** **Physical problems such as GI issues and headaches** **Exhaustion or fatigue** **Anxiety** **Depression** **Body image disturbance** **Eating disorders** **The Seven Secrets of the Prolific** **The Definitive Guide to Overcoming Procrastination, Perfectionism, and Writer's Block** [Infinite Art](#) **Procrastination, perfectionism and writer's block are not moral flaws; nor are they caused by laziness, lack of discipline or lack of commitment. They are habits rooted in fear and scarcity - and the great news is that once we start alleviating our fears and resourcing ourselves abundantly, our procrastination and related problems are often remarkably easily solved. My new book The Seven Secrets of the Prolific, tells you how! In it, I characterize, in great detail and depth, the major categories of constraining forces that cause underproductivity, including perfectionism; resource constraints; time constraints; ineffective writing processes; bias, ambivalence and internalized oppression; toxic rejection; and exploitative career paths. Then, I tell you how to overcome each.** **Perfectionism: A Practical Guide to Managing "never Good Enough"** [Independently Published](#) **The Definitive Practical Guide to Managing Perfectionism** **For perfectionists of all types, whether children or adults, this practical guide explains myths about perfectionism and provides a new paradigm with practical steps to turn the negative into positive, build resilience, and develop optimism. For Parents, Teachers, and Even Young Readers** **Whether you're a parent, a teacher, or even a tween or teen, this readable book will guide you through the maze and struggle of perfectionism, helping you implement the strategies that will work for you. Research-based, Everyday Life Approved Perfectionism translates the research on goal setting, perseverance, mindset, and habits into tips and hacks for taming the perfectionist in all of us. Legacy Award Winner** **Perfectionism is the winner of the 2018 TAGT Legacy Award for the best book for parents of the gifted. About the Author Lisa Van Gemert is an educator, widely-known speaker, and the former Youth and Education Ambassador for Mensa. An expert in the care and feeding of gifted children, she shares her expertise on her website, [giftedguru.com](#). What Others Are Saying "Finally, a book on perfectionism that delivers on its promise of managing the "never good enough" lives ... highly-readable and engaging ... marries theory and practice with exquisite clarity ... sound advice." - James R. Delisle, Ph.D., Distinguished Professor of Education (Retired), Kent State University. Co-author of When Gifted Kids Don't Have All the Answers and 19 other books. "Packed with practical ideas parents and teachers can readily implement to help those struggling with perfectionism, this book is the PERFECT resource to help adults teach and**

model happy imperfection." - Ed Amend, Psy.D., Clinical psychologist and former Board member, Supporting Emotional Needs of Gifted "Who better to write a book about perfectionism than a recovering perfectionist? Invaluable new insights on perfectionism ... a must-read for parents and teachers struggling to understand the young perfectionists in their lives." - Lisa Conrad, Owner, Gifted Parenting Support, and Moderator of Global #gtchat Powered by TAGT on Twitter. "Lisa Van Gemert is your guide out of Perfectionland! She gives inspiration and a roadmap for a life filled with joy, while still pursuing your personal best. The stories and strategies in these pages can literally transform lives." - Dan Peters, Ph.D., Clinical Psychologist and co-founder of Summit Center, and author of Make Your Worrier a Warrior: A Guide to Conquering Your Child's Fears and related books. "I wish I had known these strategies in raising my own highly capable children. Full of commonsense advice for parents and teachers, and a good helping of humor, the logical strategies will be easy to try at home and at school." - Jane Hesslein, M.A., Humanities teacher, Seattle Country Day School and former Board member, Supporting Emotional Needs of Gifted **The Self-Esteem Workbook** [New Harbinger Publications](#) **People of all ages, backgrounds, and circumstances struggle with low self-esteem. This long-awaited, fully revised second edition of the best-selling The Self-Esteem Workbook includes up-to-date information on brain plasticity, and new chapters on forgiveness, mindfulness, and cultivating lovingkindness and compassion. If your self-esteem is based solely on performance—if you view yourself as someone who's worthy only when you're performing well or acknowledged as doing a good job—the way you feel about yourself will always depend on external factors. Your self-esteem affects everything you do, so if you feel unworthy or your confidence is shaped by others, it can be a huge problem. With this second edition of The Self-Esteem Workbook, you'll learn to see yourself through loving eyes by realizing that you are inherently worthy, and that comparison-based self-criticism is not a true measure of your value. In addition to new chapters on cultivating compassion, forgiveness, and unconditional love for yourself and others—all of which improve self-esteem—you'll find cutting-edge information on brain plasticity and how sleep, exercise, and nutrition affect your self-esteem. Developing and maintaining healthy self-esteem is key for living a happy life, and with the new research and exercises you'll find in this updated best-selling workbook, you'll be ready to start feeling good about yourself and finally be the best that you can be. The Complete CBT Guide for Anxiety [Robinson](#) **A highly respectable and authoritative self-help guide on all the anxiety disorders: generalised anxiety disorder, health anxiety, panic, phobias, social anxiety, OCD. Edited by three leading CBT clinicians in the UK, this comprehensive guide offers individual CBT-based treatments for a wide range of anxiety problems. Each individual treatment reflects current the treatment in the UK for that anxiety disorder and is written by the clinician responsible for developing that treatment in the first place. Contributors include: Lars-Goran Ost (phobias) Dr Gillian Butler****

(social phobia - Gillian is the author of *Overcoming Social Anxiety & Shyness*) Anke Ehlers & Jennifer Wild (PTSD) Nick Grey & David M. Clark (panic disorder) Heather Hadjistavropoulos (health anxiety) Kevin Meares & Mark Freeston (Generalised Anxiety Disorder) Roz Shafran & Adam Radomsky (OCD) An ideal resource not only for those experiencing anxiety problems, but CBT therapists and IAPT workers. *The Complete Guide to Overcoming Eating Disorders, Perfectionism and Low Self-Esteem* (ebook bundle) [Hachette UK](#) Eating disorders, such as anorexia nervosa, bulimia nervosa and binge and disordered eating, affect a significant proportion of the general population. They can cause untold suffering to those with the disorder, and those around them, who find themselves at a loss how to help their loved one. For the first time, this unique bundle combines hope and inspiration to those experiencing eating disorders either first-hand or up close. Includes: self-help programmes for the eating disorders and the inspirational diary of recovery written by an ex-sufferer of Anorexia Nervosa, now a Youth Ambassador for Beat, the Eating Disorders association. Includes the following: *Overcoming Anorexia Overcoming Bulimia Nervosa & Binge-Eating Overcoming Perfectionism Overcoming Low Self-Esteem Mealtimes & Milestones Overcoming Social Anxiety and Shyness A Self-Help Guide Using Cognitive Behavioral Techniques* [Robinson](#) A Books on Prescription Title *Overcoming Social Anxiety and Shyness* is a self-help manual for this common problem, which explains why it happens and sets out practical methods of resolving it. Don't let shyness ruin your life Everyone feels foolish, embarrassed, judged or criticised at times, but this becomes a problem when it undermines your confidence and prevents you from doing what you want to do. At its most extreme, shyness can be crippling but it is easily treated using Cognitive Behavioural Therapy. Using real-life examples, Professor Gillian Butler sets out a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety. Indispensable for those affected by shyness and social anxiety Excellent resource for therapists, psychologists and doctors Contains a complete self-help program and work sheets *Needing to Know for Sure A CBT-Based Guide to Overcoming Compulsive Checking and Reassurance Seeking* [New Harbinger Publications](#) Powerful skills based in cognitive behavioral therapy (CBT) to help you break free from the fear of uncertainty and put a stop to compulsive checking and reassurance seeking. "How do I know I made the right decision?" "What if I'm wrong?" "I need to know for sure." Do you have thoughts like these—thoughts that cause you to second-guess yourself, and lead to anxiety, stress, and worry? Do you find yourself repeatedly checking your email for no reason, asking others for their opinions about something again and again, or lying awake at night overanalyzing and planning ahead in an attempt to feel less anxious? If so, you probably have a problem with compulsive reassurance seeking. The good news is that you can break free from this "reassurance trap"—this book will show you how. In this unique guide, you'll find proven-effective tips and tools using CBT to help you tolerate uncertainty,

face specific worrying scenarios, and gradually reduce the compulsion to incessantly seek reassurance. Most importantly, you'll learn to deal with those pesky "doubt attacks" and trust your own judgment. Asking for reassurance is a self-reinforcing behavior—if you do it, you're less likely to handle stressful situations without needing further reassurance. And so the cycle continues. The CBT skills in this book will help you break this exhausting and painful pattern, so you can build self-confidence and improve your life.