

Overcoming Perfectionism Overcoming Books

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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

perfectionism is a fairly common phenomenon more key phrases covert perfectionists many perfectionists healthy couples higher power more ann w smith s voice is very positive readable and the book contains numerous concrete suggestions for change it helps you see how good life can be once you show yourself the compassion you give to others and cut yourself some slack

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

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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

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

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

please note this is a companion version not the original book sample book insights 1 perfectionism is a term that is used commonly in everyday life it is defined as the pursuit of excellence and perfection and it can be present in every aspect of life someone may be a perfectionist in just one part of their life for example work but it is more common to have perfectionism across many areas of life 2 perfectionism is the continual striving to achieve high standards that a person has set for themselves despite negative consequences it involves self criticism when the person thinks they have not met one of their standards 3 there are three main parts to perfectionism demanding standards and self criticism striving to meet demanding standards despite negative effects and basing self evaluation on achieving high standards 4 if you have unhelpful perfectionism you will tend to judge your self worth on what you do not who you are rather than viewing your idea of yourself in a balanced way you believe that you are only a good enough person if you are achieving an excellent standard in the important areas of life

overcoming perfection anxiety and indecision is a comprehensive easy to understand guide that doesn t just help you accept that failures pave the way to the greatest successes but teaches you how to gain the most from every misstep provided by

publisher

are you picky have too high standards and rarely find things good enough perhaps you see yourself as a control freak or an outright perfectionist perfectionism can get us far in life yet left unchecked it can take a hefty toll liisa kyle ph d has developed a comprehensive approach to help you overcome your perfectionism with proven techniques and tools in this practical guide you will learn what perfectionism really is how your perfectionism affects you and others three essential truths to overcome perfectionism how to vanquish the false beliefs and fundamental fears that fuel your perfectionism techniques to release your need for control how to shift from anxiety to serenity tools to transform your judgment to observation ways to shift from dissatisfaction to acceptance and even better appreciation how to put it all together to create a life you love if you are ready to overcome your perfectionism here is the step by step guide to do just that liisa kyle walks you through effective ways to disrupt each element of perfectionism with tools she s developed over the past twenty years of coaching individuals facilitating groups and delivering inventive workshops on four continents tags perfectionism perfectionist model of perfectionism overcoming perfectionism too hard on yourself never good enough chronic dissatisfaction judgmental good enough anxiety picky self imposed rules control freak personal development personal growth self improvement improve relationships acceptance gratitude serenity self growth

you re about to discover how to defeat perfectionism and explore other ways on how to live excellently your work life family relationships and education will significantly improve if you stop aiming for perfection and just focus on doing your best excellence can be achieved if you think positively and allow yourself to breathe when you need to with the help of this book you ll be able to gain a deeper and more extensive understanding of perfectionism you ll learn about the various steps on how to move on with your life with a healthier mindset in this book you will learn why perfectionism is best viewed as a spiritual problem the pervasive nature of perfectionism the impact of perfectionism on our relationships what motivates perfectionists how perfectionism can cause a crisis of identity about the need for security and the strategy of control the dangers of spiritual perfectionism others have successfully reduced the impact of perfectionism on their lives and you can too we have all heard the saying that a journey of a thousand miles begins with the first step you will have already taken the first step by purchasing this book we challenge you to take the next step today without hesitation and keep on stepping until you have overcome perfectionism and your life has changed for the better

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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

want to stop being perfectionist but you don t know how to start perfectionism shows you a step by step approach to overcoming perfectionism and procrastination head on inside you ll discover how much of a perfectionist you really are is perfectionism really that bad the procrastination perfection paralysis healthy alternatives to perfectionism a step by step approach to beating procrastination and much much more want to know more simply scroll up and click on the buy button right away

in a society that frequently expects perfection aiming for perfection can become an overwhelming endeavor however what if there was a means to escape the strangling clutches of perfectionism with how to overcome perfectionism readers set out on a life changing path toward resilience self acceptance and personal development you will discover practical methods for overcoming perfectionistic thought habits and developing self compassion through a methodical approach each chapter gives readers useful strategies to break free from the perfectionist attitude and take back control of their lives from embracing imperfection and setting realistic objectives to handling fear of failure and engaging in mindfulness practices for anyone looking to break free from the chains of perfection how to overcome perfectionism is a must read it is full of practical tips and motivating affirmations this book offers direction hope and the promise of a better more satisfying future for anyone regardless of whether they are a high achiever aiming for excellence or someone immobilized by the dread of falling short learn the value of accepting imperfection choosing progress over perfection and leading a genuine self compassionate life bid farewell to the unrelenting quest for perfection and celebrate the beauty of your exquisite imperfection it s time to escape the grip of perfectionism and set out on a path that leads to inner peace resilience and self discovery start this journey by making a purchase

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

do you often set unrealistic pressure on yourself and set impossible standards do you want everything to be perfect all the time and do you get incredibly anxious when it s not if you ve been procrastinating on a project because you want it to be perfect then keep reading according to the world health organization the number of anxiety related cases due to perfectionism risen by more than 100 000 from the previous decade that doesn t count the people who are still in denial that they are perfectionists you see most perfectionists suffer depression body image worry anger and social anxiety because being perfect really is a lot of pressure and that can cause anyone to start thinking negatively about themselves could you be one of them let s be real perfectionism is not a good thing and can lead to immobilization you ve probably already noticed that perfectionism can come at a high price but now you can change that get to know insider tips and suggestions usually only known to converted perfectionists which helped them transition from i should be like that to i m more than enough tips the majority of perfectionist and procrastinator needs but don t know about overcoming the prison of perfectionism includes 100 proven ways to overcome perfectionism it doesn t include therapy or going to the doctor why would your co workers choose the lazy co worker than you and what you can do so they will love you more myths about perfectionism plus 1 essential truth you don t want to believe but should this could make or break your relationship how to check if you are sabotaging yourself and what can you fo about it now why do you feel anxious even if you have everything under control the strange reasons why you can t get something done two words that you need to stop saying this would impact your happiness by 50 perfectionism scale where do you stand little known ways why you have perfectionism and how could you avoid passing it to the next generation signs you need to check on your children to see if they are perfectionist the most important thing to consider if you want to overcome anxiety and depression and change it with success avoid trying other things until you do this and much much more much of this advice goes against conventional therapy wisdom in fact some of the advice sounds downright ridiculous to a non professional but time and again the data shows that it works even applying one or two things inside could result in a happier and productive life so if you want to develop skills for living a healthier more gratifying life click add to cart get the kindle edition free when you purchase the paperback edition today

letting go of perfect overcoming perfectionism in kids pinpoints a crippling state of mentality among many kids 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

to be perfect to be flawless and not make mistakes is the greatest and highest achievement in life i got it so wrong years of schooling familial and social conditioning and expectations inadvertently taught me that high achievement led to success and anything else other than the perfect result equated to failure perfectionism is deceptively a self defeating and limiting mindset this book is a culmination of four years of personal reflection and research that documents my observations as well as techniques that i tried and tested to climb out of my dark places i m thankful for meeting a clinical psychologist who diagnosed me as a perfectionist i had been lost for a few decades i was the individual that fell through the cracks misdiagnosed as bipolar i was never warned or told by anyone that my behaviour was a candidate for the perfectionism label being a perfectionist and having been that label helped me work at becoming a functional member of society once again the irony for perfectionists is when they realise that the perfect lives of people who aren t perfect are in fact the reason for their happy healthy and productive lives phases of perfectionism the book has four main sections the definition of a perfectionist which talks about the clinical definitions healthy and unhealthy perfectionism symptoms causes and consequences in the midst of it all the aftermath discusses depression the critical inner voice addiction and thoughts of escapism such as suicide the fall downward spiral describes the journey from perfectionism to depression explores the symptoms in depth and procrastination climbing back to recovery reality explains the various strategies i tried and tested to help me recover from depression and extreme perfectionism perfectionism concepts here is a preview of some concepts discussed in the book what is the hedonic treadmill and how does it relate to perfectionism how your procrastination could be a sign of perfectionism an exploration of coping strategies from problem focused and emotional focused coping how to use mindfulness and meditation to manage your perfectionism how to deal with yourself talk or your critical inner voice how to set realistic expectations and goals how daily routines and daily rituals can help you what is the real meaning of being a perfectionist examples of perfectionism in day to day life perfectionist traits and symptoms how to overcome perfectionism perfectionism treatment is there are perfectionism cure and more

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