

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

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When Perfect Isn't Good Enough

\*When Perfect Isn't Good Enough is an excellent source for people looking to adjust their standards and expectations and, by so doing, increase the joy in their lives. It is easy to read, filled with solid advice, and based on the best scientific research.

When Perfect Isn't Good Enough: Strategies for Coping with ...

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism Hardcover – 1 Jan. 2007 by M.D. Martin M. Antony, Ph.D.; Richard P. Swinson (Author) 4.5 out of 5 stars 57 ratings See all 8 formats and editions

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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.

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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 ofWhen 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.

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• Practise NOT be perfect • Give yourself permission to make mistakes • Remind you of the consequences • Do not take life too seriously • Reward yourself when you do something outside your comfort zone . Approach

When perfect isn't good enough!

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When Perfect Isn't Good Enough | NewHarbinger.com

Dr. Martin M. Antony is Director of the Anxiety Research and Treatment Lab at Ryerson University and Immediate Past-President of the Canadian Psychological A...

TEDsRyersonU 2010 - Martin Antony - When Perfect Isn't ...

When perfect isn't good enough. Healthy self-esteem is absolutely critical to our success. Without it, we are crippled by that constant voice reminding us of how inadequate we are. By the nauseating and gut wrenching feeling that curdles in the stomach every time we try something new.

When perfect isn't good enough. - dealing with ...

Also, self-help books on perfectionism such as Overcoming Perfectionism (Shafran, Egan, & Wade, 2010) and When Perfect isn't Good Enough (Antony & Swinson, 2009) could potentially be excellent...

When perfect isn't good enough: Strategies for coping with ...

Read "When Perfect Isn't Good Enough Strategies for Coping with Perfectionism" by Martin Antony, PhD available from Rakuten Kobo. It's only natural to want to avoid making mistakes, but imperfection is a part of being human. And while perfectionists ...

When Perfect Isn't Good Enough eBook by Martin Antony, PhD ...

When Perfect Isn't Good Enough by Dylan Fraley Acoustic, released 13 November 2015 And here I am sitting alone again thinking about you What I'm a supposed do when you're on my mind but I'm not around you Here I go again With my wishful thinking I just want to be with you I just want to see you and look into your eyes I just want to lay with you I just want to speak with you at least for the ...

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