



Letting Go of Perfect: Overcoming Perfectionism in Kids

Hope Wilson Ph.D., Jill Adelson Ph.D.

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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.

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Billy Benitez:

Reading a publication tends to be new life style with this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Using book everyone in this world could share their idea. Guides can also inspire a lot of people. A great deal of author can inspire their reader with their story or perhaps their experience. Not only the storyline that share in the ebooks. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors in this world always try to improve their ability in writing, they also doing some research before they write for their book. One of them is this Letting Go of Perfect: Overcoming Perfectionism in Kids.

Brian Wallace:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent the whole day to reading a publication. The book Letting Go of Perfect: Overcoming Perfectionism in Kids it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book from your smart phone. The price is not to fund but this book has high quality.

Hazel Makowski:

Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Letting Go of

Perfect: Overcoming Perfectionism in Kids, you may enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

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