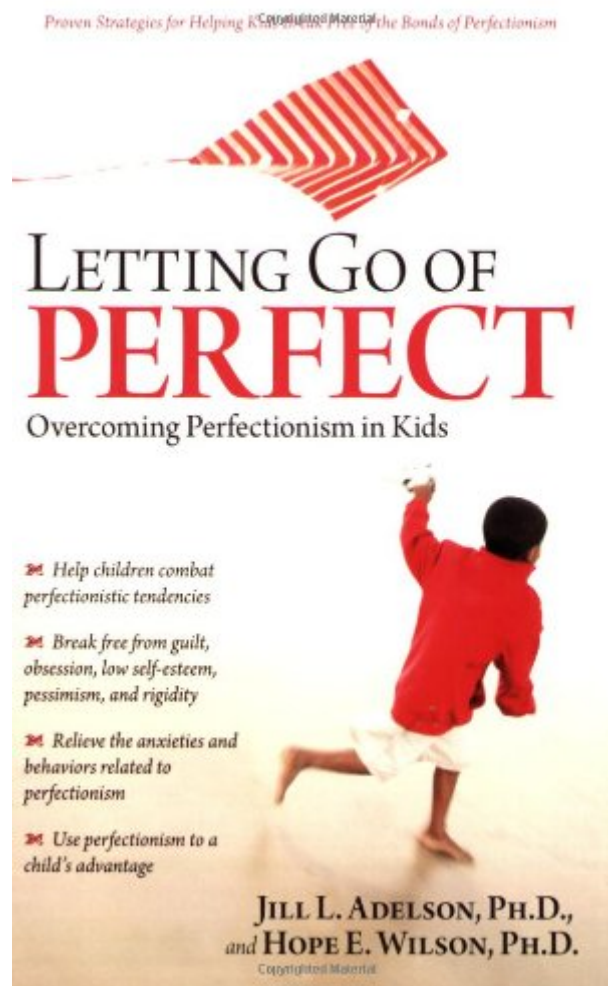


# Letting Go of Perfect: Overcoming Perfectionism in Kids PDF



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Letting Go of Perfect: Overcoming Perfectionism in Kids by Hope Wilson Ph.D., Jill Adelson Ph.D.  
ISBN 1593633629

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.

## Letting Go of Perfect: Overcoming Perfectionism in Kids Review

This Letting Go of Perfect: Overcoming Perfectionism in Kids book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Letting Go of Perfect: Overcoming Perfectionism in Kids without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Letting Go of Perfect: Overcoming Perfectionism in Kids can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Letting Go of Perfect: Overcoming Perfectionism in Kids having great arrangement in word and layout, so you will not really feel uninterested in reading.