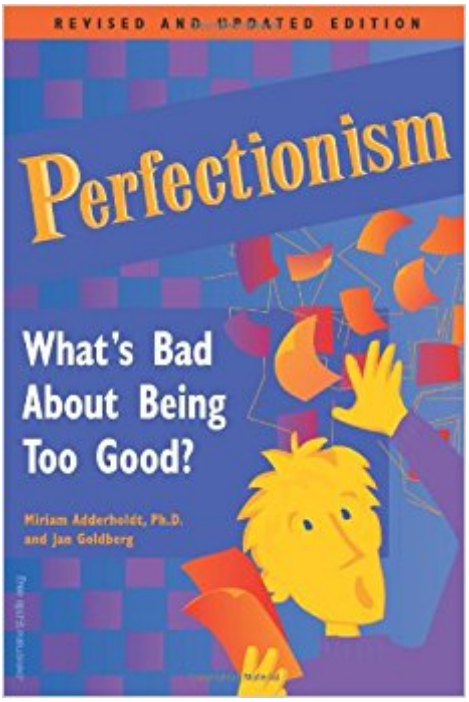
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Perfectionism: What's Bad About Being Too Good



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Synopsis

Perfectionism is a problem for many teenagers today. HereÃ¢â ¬â„¢s help for Superkids, workaholics, type AÃ¢â ¬â„¢s, straight AÃ¢â ¬â„¢s, procrastinators, overachieversÃ¢â ¬â •and caring adults. This thought-provoking, encouraging book explains the differences between healthy ambition and unhealthy perfectionism and gives strategies for getting out of the perfectionism trapÃ¢â ¬â •from recognizing the symptoms to rewarding yourself for who you are, not what you do. It explains why some people become perfectionists, what perfectionism does to the mind and body, why girls are especially prone to perfectionism, and more. It also gives adults insight into how their behavior and expectations can contribute to perfectionism in teens they parent and teach. The revised and updated edition of a Free Spirit classic includes new research and statistics on the causes and consequences of perfectionism, biographical sketches of famous perfectionists and risk takers, and resources for readers who want to know more. Ã Â

Book Information

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Customer Reviews

Ã¢â ¬Å“Books for the Teen AgeÃ¢â ¬Â•, New York Public Library Ã¢â ¬Å“Lively, unpatronizing, upbeat text with lots of eye appeal.Ã¢â ¬Â•Ã¢â ¬â •KLIATT ParentsÃ¢â ¬â„¢ ChoiceÃ Â® Approved Award Winner Parent CouncilÃ Â® Selection

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writer and credentialed teacher from Glenview, Illinois. She has authored 55 books and more than 800 articles on education and career development. The mother of three daughters with varying degrees of perfectionism, Jan also conducts writing workshops for aspiring teen authors.

I actually liked this book, though I am 32 and it was apparently written for teens as other reviewers already said.This is a short book (I was able to finish it in one sitting) and even though I doubt it will really make you stop being a perfectionist, I still think it will provide you with good general information about causes and symptoms of being a perfectionist. If you read it, you'll become aware of the many ways perfectionism might express itself in your own life, and, as they saw, awareness is the first step towards cure and liberation.I also liked the numerous examples of real life situations provided in the book, even though they were of teens--it was still relevant for an adult as well. Some parts of the book will relate mostly if not completely to teens, though. The other good thing about the book is the numerous references for further reading and exploration that the author provides.One of the cons of the book is that it lacks really serious tools to deal with perfectionism. I've been a perfectionist all my life and I doubt that using only the tools provided in the book I'd be able to break free. Our mind is just a very tricky machine and it won't let go just that easy. After all, at the root of perfectionism lies our identification with things, achievements, and so on, and to stop this harmful habit will mean to really change the way we see ourselves and the way around us. And that is not easy. There's also the danger of approaching the very problem of being a perfectionist with perfectionism and demanding perfect results in stopping being a perfectionist. Still, the ways to deal with it, the author provides, might be helpful as general guidelines and directions of behavior.I've given this book 4 stars because I think that overall it provides what it promises and it's an enjoyable reading overall. A good way to get to know the subject and its place in our everyday lives. A good way to see real life examples and situations and learn about what can be done about them.I'd recommend this book to anyone who wants to learn to recognize and deal with perfectionism in their life.

Thanks

My eighteen year old said she read the first half, and it seemed it was written all about her. Now she is going to start reading the second half, which is about how to overcome perfectionism. She loves it.

Great book for adolescents who tend to struggle with perfectionism.

Gifted students, especially girls struggle with perfectionism. This book offers great suggestions for dealing with this problem. It can be read over and over with new insights gained each time.

This is a great book on this common problem.....I shared it with several relatives and friends, and they all enjoyed reading this informative, helpful book.

Great condition, got to me in just a couple of day. My son is reading it for a class, so I didn't want to go out and buy a new one.

Ms. Adderholdt has keen insight into people and behaviour. This is a very concise book that is helpful in so many respects.

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