

Download Overcoming Perfectionism Finding The Key To Balance And Selfacceptance

In this revised and updated edition of the original, groundbreaking book *Overcoming Perfectionism: The Key to a Balanced Recovery*, Smith describes the key differences between overt and covert perfectionism; the role early attachment, temperament, sibling relationships, and life circumstances play in developing this pattern; and how to shift toward a center of balance for a more fulfilling life.

As the book's subtitle puts it, balance and self-acceptance are key factors. Self-awareness is the first step, and Smith provides tests to help readers become more self-aware. In researching the book, she surveyed a number of perfectionists.

Overcoming Perfectionism: Finding the Key to Balance & Self-Acceptance (Revised, Updated Edition) Smith does do a good job of guiding us toward healthier ways of living and healthier ways of parenting. As the book's subtitle puts it, balance and self-acceptance are key factors. Self-awareness is the first step,...

Ann Smith's revised and updated edition of *Overcoming Perfectionism* is a useful guide for people suffering from perfectionism in all its forms and even for family members who are affected by the perfectionist in their lives. Smith's easy-to-read book explains everything from the differences between overt and covert perfectionism, to the roots of these issues and the reasons why childhood attachment can play an important role in the development of perfectionist traits.

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Overcoming Perfectionism: The Key to a Balanced Recovery. Perfectionism can be an obstacle to quality living, even when it appears to produce significant rewards. For those struggling with issues of intimacy, control, letting go, relaxing and enjoying life, this book offers practical guidance about "living in the middle."

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Overcoming Perfectionism: Finding the Key to Balance and Self-Acceptance. While perfectionism lacks much of the stigma attached to today's most common compulsions—smoking, gambling, sex addiction, alcoholism, and drug abuse—many of the negative connotations on self and the family system are the same.

Overcoming Perfectionism: Finding the Key to Balance and Self-Acceptance - Kindle edition by Ann Smith MS LMFT. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading *Overcoming Perfectionism: Finding the Key to Balance and Self-Acceptance*.

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