

TOO PERFECT

WHEN BEING IN CONTROL
GETS OUT OF CONTROL



ALLAN E. MALLINGER, M.D.,
AND JEANNETTE DEWYZE

Too Perfect When Being In Control Gets Out Of Control

Allan E. Mallinger, Jeannette De Wyze



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Too Perfect Allan Mallinger, Jeannette Dewyze, 1995-05-02 For many of us perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil trying to satisfy everyone, attempting to direct the future and feeling that we are failing. In **TOO PERFECT** Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks, for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, **TOO PERFECT** offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness.

From the Trade Paperback edition **Too Perfect** Allan E. Mallinger, Jeannette De Wyze, 1993 **Too Perfect** Trudy Ludwig, 2009-05-12 Maisie thinks Kayla is perfect. She's pretty and thin, has cool clothes, gets good grades, and she's a star on the soccer field. But is Kayla happy? The more Maisie gets to know Kayla, the more she begins to question whether being perfect is really so wonderful. In *Too Perfect*, acclaimed speaker and child advocate Trudy Ludwig explores the relentless and destructive drive for perfection and the freedom that comes from accepting one's self. *Too Perfect* Mallinger, Jeannette Dewyze, 1996-06-01 For many of us perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil trying to satisfy everyone, attempting to direct the future and feeling that we are failing. In **TOO PERFECT** Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks, for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, **TOO PERFECT** offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness. **How to be Enough** Ellen

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them Includes a Training Diary to keep yourself on track during training and competitions Offers further reading and resources lists to build upon what you ve learned *Self-Help Books* Sandra K. Dolby,2010-10-01 Understanding instead of lamenting the popularity of self help books Based on a reading of more than three hundred self help books Sandra K Dolby examines this remarkably popular genre to define self help in a way that s compelling to academics and lay readers alike Self Help Books also offers an interpretation of why these books are so popular arguing that they continue the well established American penchant for self education they articulate problems of daily life and their supposed solutions and that they present their content in a form and style that is accessible rather than arcane Using tools associated with folklore studies Dolby then examines how the genre makes use of stories aphorisms and a worldview that is at once traditional and contemporary The overarching premise of the study is that self help books much like fairy tales take traditional materials especially stories and ideas and recast them into extended essays that people happily read think about try to apply and then set aside when a new embodiment of the genre comes along **Diagnosis and Remediation Practices for Troubled School Children** Harold F. Burks,2008 In this resource for educators Harold F Burks offers a comprehensive guide to the evaluation techniques and intervention strategies that have worked with many school children experiencing problems Thus Diagnosis and Remediation Practices for Troubled School Children attempts to clarify the understanding of observed unwanted child behavior symptoms whether they be physical intellectual academic or social in nature investigate with educators and parents and sometimes children the possible causal factors that antedate these behavior manifestations create in cooperation with parents and school personnel innovative intervention techniques to help children learn accepted behavior patterns The methods outlined in the book are intended for teachers principals school psychologists school nurses guidance personnel and persons in related professions such as social workers clinical psychologists and psychiatrists It is assumed the readers will have acquired a rudimentary knowledge of psychological dynamics acquired through college courses in the areas of diagnostic methods aberrant behavior personality theory learning disorders special education and counseling techniques This book is appropriate for use in graduate courses concerned with child exceptionality and psychopathology **The Mind-Body Makeover Project** Michael Gerrish,2002-12-12 Donated Clinical Guidelines in Adult Health Constance R. Uphold,Mary Virginia Graham,1998-07 **Paragraphs and Essays** Lee E. Brandon,2005 Person to Person Sharon L. Hanna,1995 This book offers a positive approach to encouraging healthy interactions and relationships in a variety of real life situations It features chapters on personal understanding and self enhancement improving interpersonal communication skills and developing and enriching different types of relationships *An Exploration of the Relationship Between Amish Identity and Depression Among the Old Order Amish* Denise Mae Reiling,2000 *The Cumulative Book Index* ,1992 A world list of books in the English language **Between the Heather and the Northern Sea** Mary Linskill,1890 **The Wireless World and Radio Review** ,1929 The Engraver and Electrotyper ,1910

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