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by M.D. Martin M. Antony, Ph.D.;
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In this fully revised and updated second edition of *When Perfect Isn't Good Enough*, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven-effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image.

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And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential. In this fully

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- Practise NOT be perfect
- Give yourself permission to make mistakes
- Remind you of the consequences
- Do not take life too seriously
- Reward yourself when you do something outside your comfort zone . Approach

When perfect isn't good enough!
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Dr. Martin M. Antony is Director of the
Anxiety Research and Treatment Lab
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Past-President of the Canadian
Psychological A...

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When perfect isn't good enough. Healthy self-esteem is absolutely critical to our success. Without it, we are crippled by that constant voice reminding us of how inadequate we are. By the nauseating and gut wrenching feeling that curdles in the stomach every time we try something new.

When perfect isn't good enough. -
dealing-with ...

Also, self-help books on perfectionism such as *Overcoming Perfectionism* (Shafran, Egan, & Wade, 2010) and *When Perfect isn't Good Enough* (Antony & Swinson, 2009) could potentially be excellent...

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natural to want to avoid making
mistakes, but imperfection is a part of
being human. And while perfectionists
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alone again thinking about you What
I'm a supposed do when you're on my
mind but I'm not around you Here I go
again With my wishful thinking I just
want to be with you I just want to see
you and look into your eyes I just want

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