





 Get Print Book

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism

By Martin M. Antony PhD, Richard P. Swinson MD

 Download

 Read Online

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism

By Martin M. Antony PhD, Richard P. Swinson MD

It's only natural to want to avoid making mistakes, but imperfection is a part of being human. 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 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. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life — imperfections and all.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

 [Download When Perfect Isn't Good Enough: Strategies fo ...pdf](#)

 [Read Online When Perfect Isn't Good Enough: Strategies ...pdf](#)

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism

By Martin M. Antony PhD, Richard P. Swinson MD

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD

It's only natural to want to avoid making mistakes, but imperfection is a part of being human. 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 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. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life — imperfections and all.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD **Bibliography**

- Sales Rank: #31805 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2009-02-01
- Original language: English
- Number of items: 1
- Dimensions: 8.80" h x .60" w x 6.00" l, .90 pounds
- Binding: Paperback
- 304 pages

 [Download When Perfect Isn't Good Enough: Strategies fo ...pdf](#)

 [Read Online When Perfect Isn't Good Enough: Strategies ...pdf](#)

Download and Read Free Online When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD

Editorial Review

Review

"An excellent description of perfectionism and its self-sabotaging disadvantages. Presents many efficient and effective cognitive-behavioral methods for dealing with and minimizing this affliction. Quite practical and thorough—but nicely flexible and unperfectionistic!"

—Albert Ellis, Ph.D., president of the Albert Ellis Institute in New York City and author of *A Guide to Rational Living*

"All of us know someone who is a perfectionist and most of us have joked about it at one time or another. For some it can be a useful trait that ensures some organization in a disorganized world. But for those individuals coping with too much perfectionism, it can be a curse that takes the pleasure out of life and in some cases can lead to severe anxiety disorders. Now two leading mental health practitioners and clinical scientists provide up-to-date, scientifically validated skills for overcoming perfectionism and regaining control of one's life. This long overdue book should relieve much suffering and enhance functioning for the millions of individuals dealing with excessive perfectionism."

—David H. Barlow, Ph.D., professor of psychology and director of the Center for Anxiety and Related Disorders at Boston University

"*When Perfect Isn't Good Enough* surpasses any of the other books on perfectionism in quality and scope. Antony and Swinson have synthesized what we know about perfectionism and used it to create the first well-integrated approach to reduce the suffering caused by it. The chapters clearly define perfectionism and provide concrete steps to master this demon. Final chapters focus on how perfectionism can manifest itself in other disorders, demonstrating how pernicious this phenomenon can be—and why such a book is so essential. This book will be invaluable to people suffering from perfectionism and to the therapists trying to help them."

—Randy O. Frost, Ph.D., professor of psychology at Smith College in Northampton, MA

"*When Perfect Isn't Good Enough* is an excellent source for people looking to adjust their standards and expectations and, by so doing, increase the joy in their lives. It is easy to read, filled with solid advice, and based on the best scientific research. Unlike most other self-help books, the many exercises suggested by the authors provide the reader with the tools to put these words into action. Antony and Swinson have produced a thorough and systemic manual to lead the perfectionist out of the misery of depression, anger, worry, and social anxiety, and into the promised land of realistic self-evaluation, self-esteem, and positive interpersonal relations. Bravo!"

—Richard Heimberg, Ph.D., Adult Anxiety Clinic in the department of psychology at Temple University in

Philadelphia, PA

From the Publisher

This revised and updated edition of **When Perfect Isn't Good Enough** offers the benefits of the latest research to readers who dread making mistakes and feel that nothing they do is quite good enough.

About the Author

Martin M. Antony, PhD, is professor and chair in the department of psychology at Ryerson University in Toronto, Ontario. He is director of research at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare in Hamilton, Ontario, and past president of the Canadian Psychological Association. An award-winning researcher, Antony is coauthor of *The Shyness and Social Anxiety Workbook*, *When Perfect Isn't Good Enough*, and more than twenty-five other books. His research, writing, and clinical practice focus on cognitive behavioral therapy (CBT) and the treatment of anxiety disorders. He has been widely quoted in the American and Canadian media.

Richard P. Swinson, MD, is professor emeritus and past chair of the Department of Psychiatry and Behavioural Neurosciences at McMaster University in Hamilton, ON, Canada. He is also medical director of the Anxiety Treatment and Research Centre and past psychiatrist-in-chief at Joseph's Healthcare, also in Hamilton. He is a fellow of the Royal College of Physicians and Surgeons of Canada, the American Psychiatric Association, and the Royal College of Psychiatrists UK. He was awarded an inaugural fellowship of the Canadian Psychiatric Association in 2006.

His research interests lie in the theory, assessment and treatment of anxiety disorders, particularly obsessive-compulsive disorder and social anxiety disorder. He has published more than 180 peer-reviewed papers, thirty book chapters, and eight books. Dr. Swinson has held numerous research grants since 1966 and has been an invited speaker at many conferences around the world on anxiety disorders and substance use disorders. He also chaired the steering committee for the Canadian Anxiety Treatment Guidelines Initiative, leading to the publication of Canadian Clinical Practice Guidelines for the Management of Anxiety Disorders in 2006.

Users Review

From reader reviews:

Ellen Farnsworth:

In this 21st centuries, people become competitive in most way. By being competitive currently, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice through surrounding. One thing that at times many people have underestimated this for a while is reading. Yeah, by reading a reserve your ability to survive increase then having chance to endure than other is high. To suit your needs who want to start reading any book, we give you this kind of *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism* book as beginning and daily reading publication. Why, because this book is usually more than just a book.

Michele Reynolds:

Typically the book *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism* has a lot of information on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. McDougal makes some research previous to write this book. This kind of book very easy to read you will get the point easily after scanning this book.

Loyd Tyler:

Would you one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Attempt to pick one book that you never know the inside because don't judge book by its handle may doesn't work here is difficult job because you are afraid that the inside maybe not because fantastic as in the outside appearance likes. Maybe you answer is usually *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism* why because the amazing cover that make you consider with regards to the content will not disappoint an individual. The inside or content is fantastic as the outside as well as cover. Your reading sixth sense will directly make suggestions to pick up this book.

Laura McLaughlin:

In this period globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. Typically the book that recommended to you personally is *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism* this e-book consist a lot of the information in the condition of this world now. That book was represented how can the world has grown up. The language styles that writer value to explain it is easy to understand. Typically the writer made some analysis when he makes this book. Honestly, that is why this book appropriate all of you.

Download and Read Online *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism* By Martin M. Antony PhD, Richard P. Swinson MD #N7LTSKXDRQB

Read When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD for online ebook

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD books to read online.

Online When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD ebook PDF download

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD Doc

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD Mobipocket

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin M. Antony PhD, Richard P. Swinson MD EPub