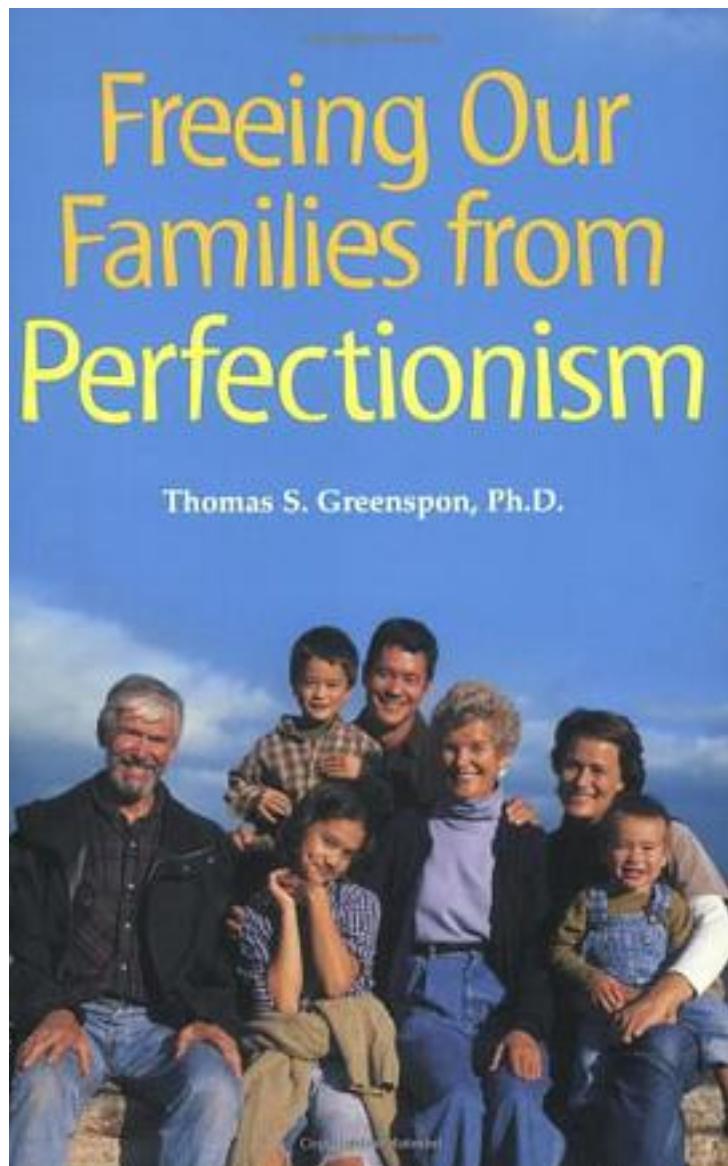


# Freeing Our Families from Perfectionism



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著者:Greenspon, Thomas

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Striving for perfection can be a damaging ambition not only for your child but for the entire family. Parents have the most powerful influence on their children's emotional development. Their attitudes about love, acceptance, success and failure can create an environment that promotes perfectionism. In this insightful and practical book, Dr Greenspon explains perfectionism, where it comes from, and what to do about it.

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