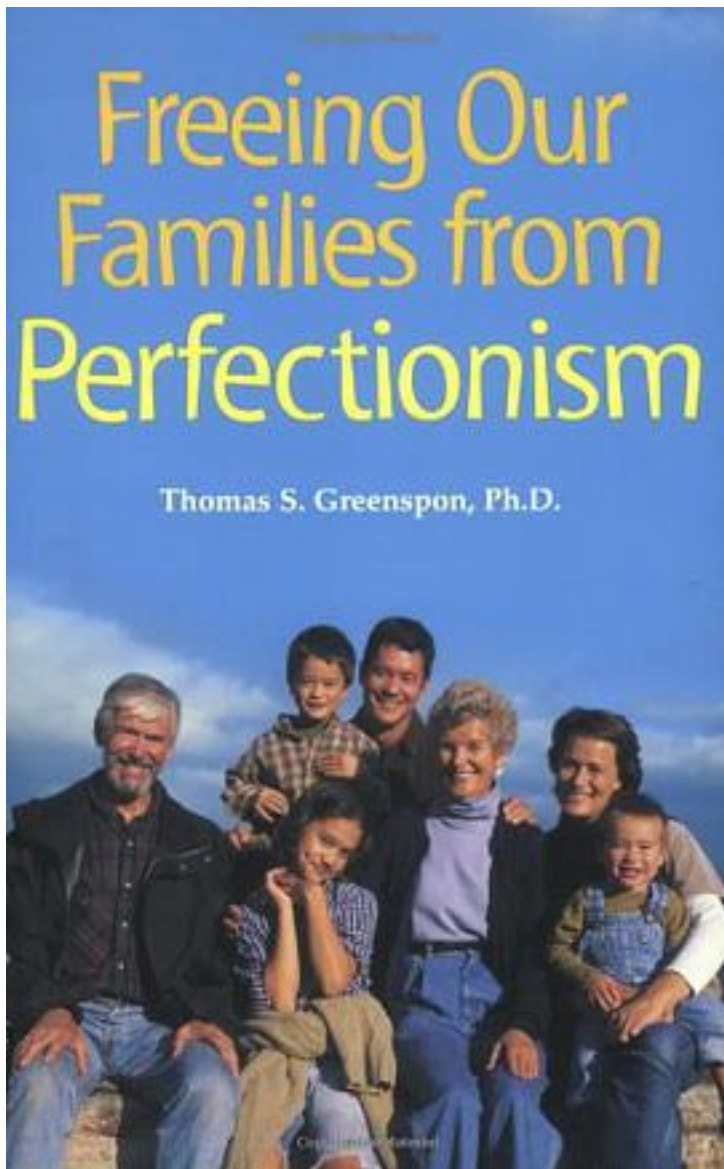


Freeing Our Families from Perfectionism



[Freeing Our Families from Perfectionism_ 下载链接1](#)

著者:Greenspon, Thomas

出版者:Free Spirit Pub

出版时间:2002-7

装帧:Pap

isbn:9781575421032

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.

作者介绍:

目录:

[Freeing Our Families from Perfectionism_ 下载链接1](#)

标签

评论

[Freeing Our Families from Perfectionism_ 下载链接1](#)

书评

[Freeing Our Families from Perfectionism_ 下载链接1](#)