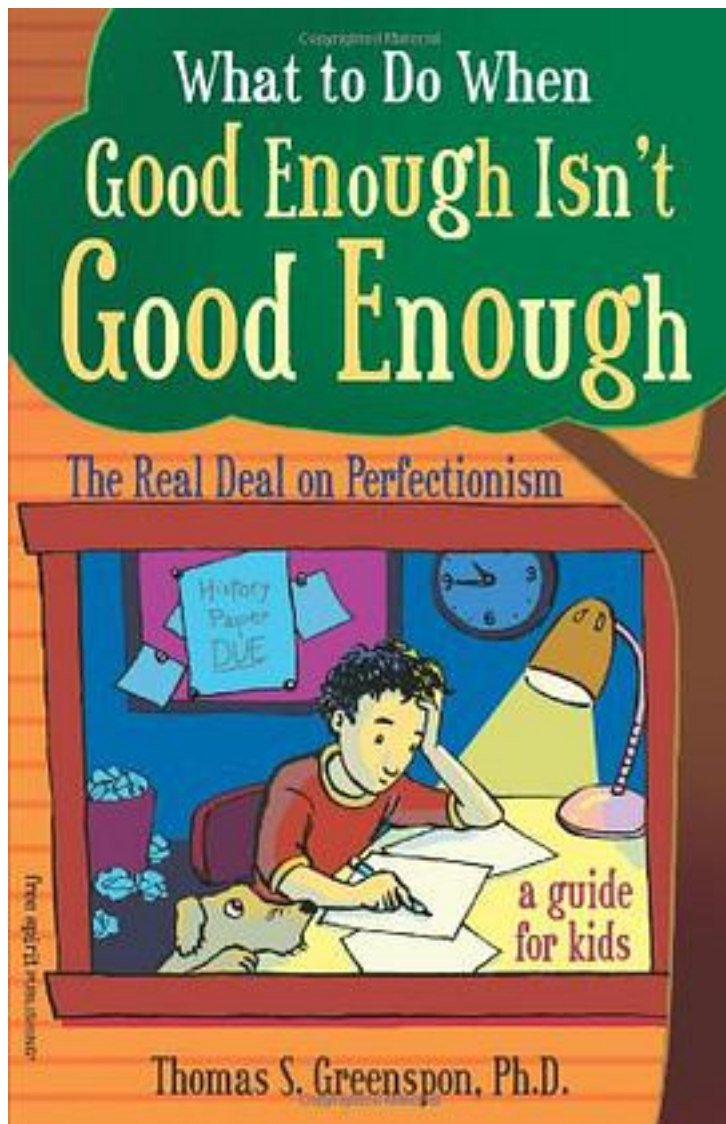


What to Do When Good Enough Isn't Good Enough



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To constantly aim for perfection may seem like a worthy goal to many, but for some, it can actually be a heavy burden. When you believe that you have to be perfect all the time, you can start to live in constant fear of making mistakes, no matter how small. Most children don't really know what perfectionism is, yet many suffer from it - they feel that nothing they ever do is good enough, school projects are hard to start or finish, relationships can seem far too challenging, and self-esteem can be desperately low. This informative and inspiring volume helps kids to understand what perfectionism is, how it can hurt them, and how they can free themselves of its restraining shackles.

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