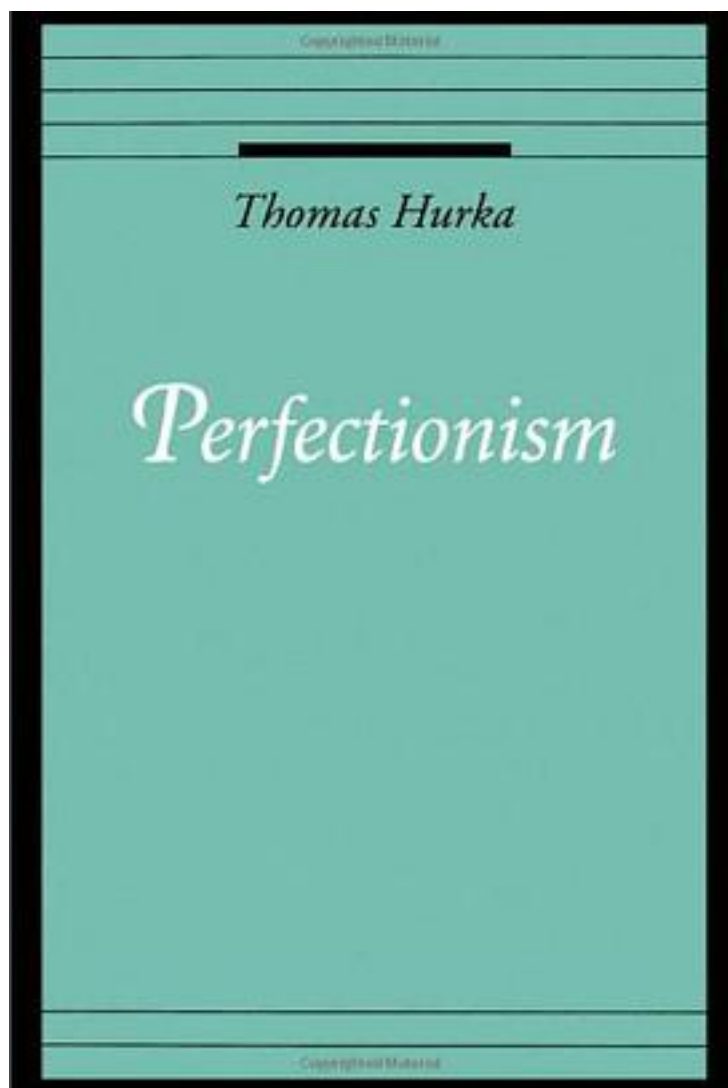


Perfectionism



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Perfectionism is a problem for many teenagers today. Here's help for Superkids, workaholics, type A's, straight A's, procrastinators, overachievers--and caring adults. This thought-provoking, encouraging book explains the differences between healthy ambition and unhealthy perfectionism and gives strategies for getting out of the perfectionism trap--from recognizing the symptoms to rewarding yourself for who you are, not what you do. It explains why some people become perfectionists, what perfectionism does to the mind and body, why girls are especially prone to perfectionism, and more. It also gives adults insight into how their behavior and expectations can contribute to perfectionism in teens they parent and teach. The revised and updated edition of a Free Spirit classic includes new research and statistics on the causes and consequences of perfectionism, biographical sketches of famous perfectionists and risk takers, and resources for readers who want to know more.

作者介绍:

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标签

心理学

评论

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书评

前几天重新翻《The Procrastination Equation》的时候，里面谈到了Perfectionists是不是更容易拖延的争议的时候，作者提

到了这本书，好像图书馆有，就借了出来。
总体来说还算不错的书，比较喜欢书里面的前几章，对Perfectionists的一些特点和潜在问题的分析非常不错，反正...

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