Too Perfect: When Being in Control Gets Out of Control
by Allan E. Mallinger, Jeannette Dewyze

For many of us, perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives, the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil, trying to satisfy everyone, attempting to direct the future, and feeling that we are failing.

In TOO PERFECT, Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks, for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, TOO PERFECT offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness.

Synopsis
Mallinger insists that trading our competitive society's obsession with excellence for more realistic goals is the key to a saner, healthier life and offers obsessives hope and help to keep from being stranded in a mire of obsessive-compulsive behavior.

Synopsis
Identifies the personality traits of an overachiever--the dread of making mistakes, the tendency to criticize, difficulty in making decisions or commitments--to help perfectionists modify their behavior.
Perfectionism: What's Bad About Being Too Good?
by Miriam, Adderholdt-Elliott, Mary Mack Frasier, Pamela Espeland (Editor)
Our Price: $7.96
You Save: $1.99 (20%)
Back Ordered
Paperback - (October 1987) 136 pages
Reading level: Young Adult

Reviews
Synopsis
With help for Superkids, workaholics, type A's, straight A's, procrastinators, overachievers, and caring adults, this book explains the differences between healthy ambition and unhealthy perfectionism and gives straight strategies for getting out of the perfectionist 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 it, and more. --This text refers to the paperback edition of this title

Card catalog description
Discusses the dangers of being a perfectionist, with tips for easing up on oneself, gaining control over life, and getting professional help.
Never Good Enough: Freeing Yourself from the Chains of Perfectionism
by Monica Ramirez Basco
Our Price: $16.10
You Save: $6.90 (30%)
Usually ships in 24 hours
Hardcover - (January 1999) 256 pages

Reviews

Book Description
Do you feel that no matter how hard you try it is never good enough? Do you spend too much time trying to get things exactly right in order to avoid criticism? Does it seem that at any minute people will find out that you are not really what you seem to be?

If you answered yes to any of these questions, you may be struggling with perfectionistic tendencies. These tendencies can serve a positive purpose in your life, but having extremely high standards for yourself and others, and feeling repeatedly let down when these expectations aren't met, can leave you perpetually unhappy. Few of us escape the tyranny of perfectionism, whether plagued by our own feelings of inadequacy, or living or working with someone who never seems satisfied with what we do. As psychologist and researcher Monica Ramirez Basco explains, uncontrolled perfectionism can lead to depression, anxiety, low self-esteem, fear of failure, and broken marriages and friendships. Understanding why you feel driven to get things "just right" can help you to make the best of your perfectionism without letting it run your life.

Dr. Basco has developed a thirty-question self-test that will help you determine your perfectionism profile and provide insight into the degree to which it affects your life. Her unique program -- based on the principles of Cognitive-Behavior Therapy -- shows you step-by-step how to overcome perfectionist tendencies.

Never Good Enough brings to life a cast of characters who show how Dr. Basco's easy-to-understand yet sophisticated techniques for change can help overcome the distorted beliefs and self-defeating behavior that stand in the way of success and happiness.

This is an invaluable guide filled with practical advice, encouragement, and strategies for self-discovery. Never Good Enough shows you how to stop the struggle with yourself and others, how to accurately evaluate your worth and performance in life, and how to replace the pursuit of
perfection with the pursuit of peace of mind.

Synopsis
A practical, scientifically proven step-by-step program for overcoming unreasonably high expectations that can often be the hidden cause of depression, anxiety, low self-esteem, stifled creativity, and broken relationships.

The publisher, the free press, March 29, 1999
Could Change Your Life (Mademoiselle, April 1999)
"While hopelessly surveying the clutter that is my desk and life--screens of e-mails, endless To Do lists, stacks of unread manuscripts--I noticed a book: Never Good Enough: Freeing Yourself From the Chains of Perfectionism, by Monica Ramirez Basco, Ph.D. I'm usually skeptical about fix-your-life guides, but I couldn't resist this one--if I couldn't be perfect, maybe I could feel better about how I am. So I did the "Am I a Perfectionist?" questionnaire (I am), then carefully read Dr. Basco's oh-so-smart words about "how to reach a more satisfying level" with my expectations. It's partly a matter, it seems, of learning to replace the pursuit of perfection with the pursuit of peace of mind. For me, the book worked like a year of shrink sessions: The other night, I was asked a favor that, pre-Basco, I would have agreed to (then resented). I recalled the chapter on unrealistic "core beliefs" ("I must be perfect for others to accept me") and said no. Just like that! Soon I'll have perfected my pursuit of peace of mind. Just kidding!" --Cathi Hanauer

Booklist, January 1999

"Basco's excellent program in controlling one's perfectionist attitudes and behavior is conveyed by her 'step-by-step instructions and exercises for gaining a better understanding of why you think you are never good enough and for making positive changes that will improve your self-esteem.' Examples from ordinary people like you and me pepper her text and make personal applications of her guidelines much easier. This is a serious book, and one of the most important discussions is about a common habit of perfectionists, which is 'oversimplification,' whereby 'things are inaccurately viewed as belonging to only one of two simple categories such as right or wrong, good or bad, perfect or not.'
"Superb! Traditionally, perfectionism has been a character trait that one endures for a lifetime. This book can change that." --Edward Hallowell, M.D., author of Worry: Help and Hope for a Common Condition and Driven to Distraction


"A top-notch book...a gold standard in the field." --R. Reid Wilson, author of Don't Panic: Taking Control of Anxiety Attacks