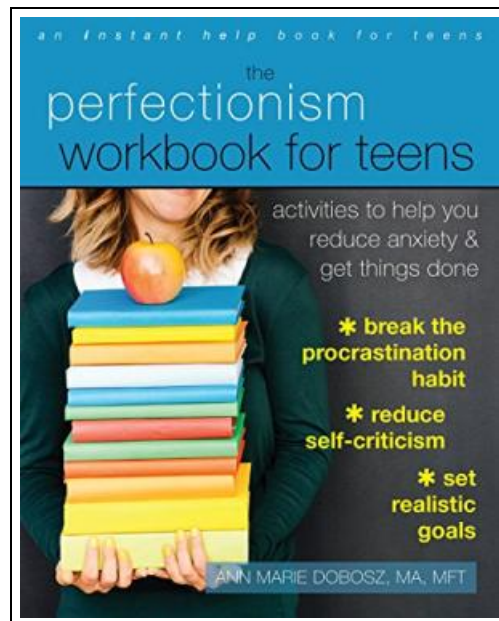


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(Prof. Llewellyn Thiel)*

THE PERFECTIONISM WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU REDUCE ANXIETY AND GET THINGS DONE (PAPERBACK)



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New Harbinger Publications, United States, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book. In our high-pressure society, it's easy to hold ourselves (and others) to impossibly high standards. And when we fail to meet those standards-as we inevitably do-we may become overly critical of ourselves, or lash out toward others. While perfectionism is often associated with positive traits, such as conscientiousness, ambition, and pride in good work, dysfunctional perfectionism is destructive and can lead to anxiety, low self-esteem, relationship problems, and a number of mental health concerns, like depression, procrastination, and self-harm. With *The Perfectionism Workbook for Teens*, you'll gain a clear understanding of what perfectionism is and learn to differentiate between healthy and unhealthy perfectionism so you'll be better able to manage your own and others' expectations. Using powerful tools drawn from cognitive behavioral and mindfulness-based therapies, you'll learn to identify your perfectionist thoughts, discover new ways of responding to your critical inner voice, and build the skills you need to combat negative behaviors based in perfectionism, like chronic procrastination. If perfectionism is causing trouble in your life, the techniques and exercises in this book will help you develop non-perfectionist skills and habits, leading to reduced fear, anxiety, and shame, and increased self-compassion and confidence in getting things done and handling daily pressures.

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