



Overcoming Perfectionism: Finding the Key to Balance and Self-Acceptance (Paperback)

By Ann W. Smith

HEALTH COMMUNICATIONS, United States, 2013. Paperback. Book Condition: New. Revised and expanded ed. 214 x 138 mm. Language: English . Brand New Book. Anything worth doing is worth doing well. Practice makes perfect. Winning isn't everything, it's the only thing. Failure is not an option. In today's perfection-obsessed culture, these are the maxims we live by. Yet, the damage that they cause is stifling. Renowned author and pioneer of codependency treatment Ann W. Smith knows this first hand. Smith has dealt with her fair share of perfectionism and has bared witness to this all too common phenomenon in her professional life, having spent the last thirty years studying the impact compulsive disorders have on individuals and family. While perfectionism lacks much of the stigma attached to today's most common compulsions smoking, gambling, sex addiction, alcoholism, and drug abuse many of the negative connotations on self and the family system are the same. In this revised and updated edition of the original, groundbreaking book *Overcoming Perfectionism: The Key to a Balanced Recovery*, Smith describes the key differences between overt and covert perfectionism; the role early attachment, temperament, sibling relationships, and life circumstances play in developing this pattern;...



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