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 are not 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. Bascos 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.
My Personal Review:
People tend to look at "perfectionists" with admiration. After all, perfectionists try with all their might to do everything correctly in the most efficient way. Are we wrong to admire them? Shouldn't we try to emulate them? If you are a perfectionist, you know that the desire to be perfect becomes an exercise in futility; you're never good enough no matter what you do. You can work harder, longer, smarter - it's just not enough. Dr. Basco's book first helps you determine if you actually are a perfectionist. After taking the self-assessment, I discovered I was a full-fledged perfectionist. And in my case, it was impacting my life in a negative way. Part of the problem with perfectionists goes back to their early beliefs and expectations. Basco shows how these early thoughts influence us to become perfectionists. She also shows how uncontrolled perfectionism can destroy relationships at every level. Uncontrolled, it can ruin lives. That's why this book is so valuable. The author shows perfectionists how to begin the road to recovery, and how to stay on it. If perfectionism is influencing your life and those around you in a negative or hurtful way, you must read this book. I'm thankful I found it. It has made a huge difference.

263 pages

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Never Good Enough: Freeing Yourself from the Chains of Perfectionism by Monica Ramirez, PH.D. Basco - 5 Star Customer Reviews and Lowest Price!