

## WHEN PERFECT ISN T GOOD ENOUGH



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### **When perfect isn't good enough mah se**

Doing well isn't good enough, I have to do better I have to check my work over and over again before I show it to someone I can't let anyone else do a task in case it goes wrong My work is never good enough I must be perfect or others will realise what I am really like I must study all the time or I'll become a lazy slob. Perfectionism Behaviors Not knowing when to stop Reassurance seeking

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"When Perfect Isn't Good Enough" is a "must have" book for any individual struggling with issues of perfectionism. In this one of a kind volume, Dr. Antony challenges our glorified conception of perfectionistic thinking and behavior, exposing the many personal, occupational, and interpersonal costs of assuming that "nothing less than perfect

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