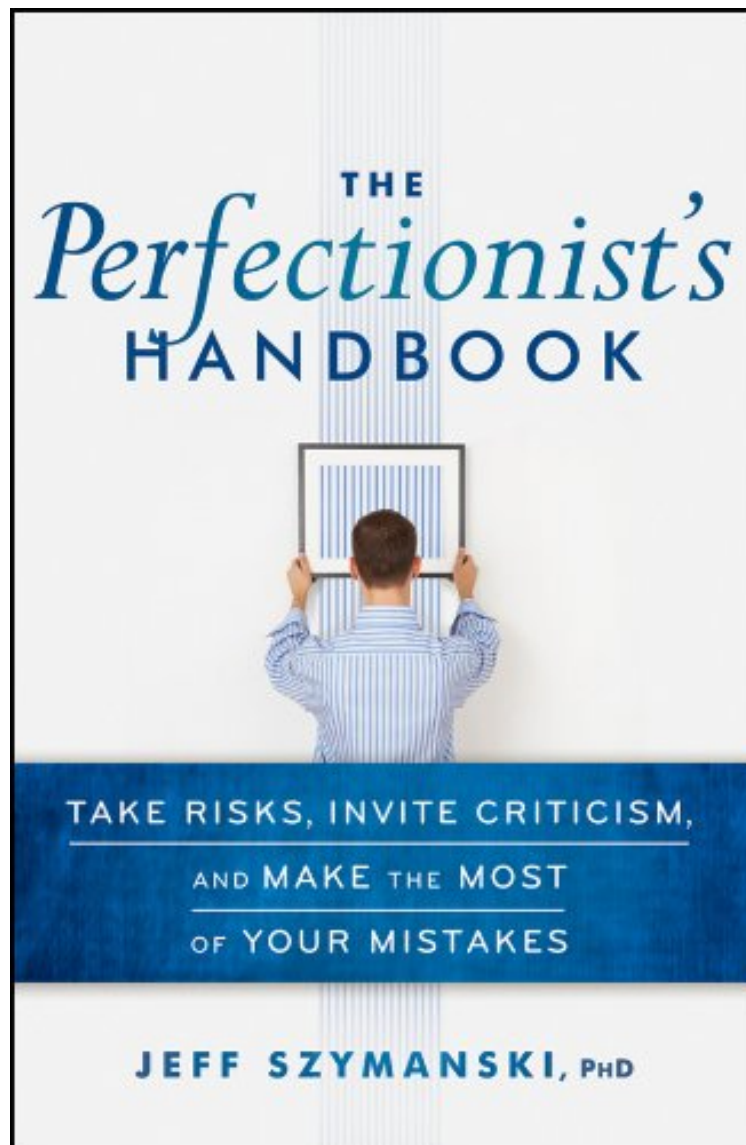


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The Perfectionist's Handbook: Take Risks, Invite Criticism, and Make the Most of Your Mistakes

Jeff Szymanski

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Jeff Szymanski : The Perfectionist's Handbook: Take Risks, Invite Criticism, and Make the Most of Your Mistakes before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Perfectionist's Handbook: Take Risks, Invite Criticism, and Make the Most of Your Mistakes:

17 of 17 people found the following review helpful. An outstanding and very helpful book By KRLWL This is undoubtedly the best and most helpful book on perfectionism that I have ever read. I had never fully recognized how

perfectionistic I had become in my work as a physician and how the perfectionism was actually hindering my providing optimal patient care rather than helping. I also knew that I wasn't being the kind of mother and wife I wanted to be, but didn't realize that it was perfectionism that was getting in the way of my doing things for and with my family. Dr. Szymanski's book has been extraordinarily helpful in the way it distinguishes between helpful and hurtful perfectionism, and it provides excellent strategies for dealing with the hurtful perfectionism so it no longer is in control of one's life. I have shared this with 12 of my colleagues, and every one of them has come back and talked about how helpful the book has been to them and also to the patients with whom they work. It is an outstanding book, one which I would highly recommend to anyone who is struggling with perfectionism, or even wonders whether they might be. 1 of 1 people found the following review helpful. High Anxiety? Less-than-desired results? This book is for you...By Odelia This is great practical, bare bones advice for busy, ambitious people who have the anxiety but not the desired results. Today's world incites high states of readiness to do it/get it done! Not always a good thing to achieve your goal. If you are always tired or second-guessing yourself, but feel like you fall short, well - this book may tell you why. Buy it. 2 of 2 people found the following review helpful. A great ReadBy CMed I think this a great book for understanding both the positive and negative aspects of perfectionism as a personality trait. It has a lot of self-assessment questionnaires within it, which is something I wish I had known before purchasing the E-book instead of the paper version. It is written in a common-sense manner, and brought a lot of clarity to the issue without being overly dense and academic. It has helpful suggestions for ways to combat the negative aspects of perfectionism as well. While definitely not an overly expansive volume on the subject, it was all I was looking for in this book. I'd definitely recommend for anyone who considers themselves a perfectionist.

A guide for getting your perfectionism to work for you Is perfectionism a good thing or does it get in our way? In *The Perfectionist's Handbook*, clinical psychologist Jeff Szymanski helps readers navigate their way out of the "perfectionism paradox": if your intentions are good (wanting to excel) and the outcomes you want are reasonable (to feel competent and satisfied), why would perfectionism backfire and result in unhappiness and stress? Learn when perfectionism will pay off, and when and why it sabotages you. Specific strategies are outlined throughout the book to help readers transform their perfectionism from a liability to an asset. There is no reason to eliminate perfectionism altogether; instead, build on what's working and change what's not. *The Perfectionist's Handbook* helps readers to: Distinguish between intention and strategy as a way of improving outcomes Identify diminishing returns and how to redistribute time and resources Make the most of mistakes rather than being preoccupied with trying to avoid them Learn to focus on your "Top 10" list as a way of getting the most out of your life Access others more effectively as a way of improving performance Obtain more balance in their lives