

* 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. They can serve a positive purpose in your life. But having extremely high standards for yourself and others can leave you feeling let down -- over and over again -- when these expectations aren't met. 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. In *Never Good Enough* Dr. Basco helps you understand why you feel driven to get things just right and shows you how to make the best of your perfectionism. Filled with practical advice, encouragement, and strategies for self-discovery, this invaluable guide includes Dr. Basco's own thirty-question self-test that will help you recognize and manage the negative side of your perfectionism. You will learn how to stop the struggle with yourself and others, how to evaluate your worth and performance in life, and how to replace the pursuit of perfection with peace of mind.

Tharn, Massachusetts Baby Names Book: Ultimate Guide to Baby Names for Boys and Girls, The Weather Identification Handbook by Dunlop, Storm. (Lyons Press, 2003) [Paperback], The capitulations and articles of peace between the Majesty of the King of England, Scotland, France, & Ireland, & the Sultan of the Ottoman ... in the times of every embassadour (1663), Womens Madness., Those in Peril, The Perfect Tie: The True Story of the 2000 Presidential Election, University Parent Guide to the Senior Year of High School, Globalisation, Transition and Development in China: The Case of the Coal Industry (Routledge Studies on the Chinese Economy),

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