



# When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism

*Martin M. Antony PhD, Richard Swinson MD FRCPC FRCP*

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It's only natural to want to avoid making mistakes, but imperfection is a part of being human. And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential.

In this fully revised and updated second edition of **When Perfect Isn't Good Enough**, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven-effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life — imperfections and all.

*This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.*

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