



# Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens

*Hope E. Wilson, Jill L. Adelson*

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Proven strategies for helping kids and teens break free of the bonds of perfectionism.

Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens pinpoints a crippling state of mentality among many kids and teens today - the need to be absolutely perfect - and gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism.

For children who believe their best is never good enough, perfectionism can lead to excessive guilt, lack of motivation, low self-esteem, depression, pessimism, obsessive and compulsive behavior, and a sense of rigidity. By delineating the major types of perfectionists and providing practical tips, the authors show parents and teachers how they can help these children effectively control their perfectionist tendencies and use those to their advantage.

This engaging, practical book is a must-have for parents, teachers, and counselors wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity.

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