



# **What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism: A Guide for Kids**

*Thomas S. Greenspon Ph.D.*

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## **What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism: A Guide for Kids** Thomas S. Greenspon Ph.D.

Perfectionism may seem like a worthy goal, but it's actually a burden. When you believe you must be perfect, you live in constant fear of making mistakes. Most children don't know what perfectionism is, yet many suffer from it. Nothing they do is ever good enough. School assignments are hard to start or hand in. Relationships are challenging, and self-esteem is low. Written to and for ages 9–13, this book helps kids understand how perfectionism hurts them and how to free themselves. Includes true-to-life vignettes, exercises, and a note to grown-ups.



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