

LETTING GO OF PERFECT

Overcoming Perfectionism in Kids

- *Help children combat perfectionistic tendencies*
- *Break free from guilt, obsession, low self-esteem, pessimism, and rigidity*
- *Relieve the anxieties and behaviors related to perfectionism*
- *Use perfectionism to a child's advantage*



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Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens



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By delineating the main types of perfectionists and providing practical tips, the authors display parents and teachers how they can help these children efficiently control their perfectionist tendencies and make use of those to their advantage. For children who believe their finest is never sufficient, perfectionism can lead to excessive guilt, insufficient motivation, low self-esteem, unhappiness, pessimism, obsessive and compulsive behavior, and a sense of rigidity. Letting Go of Great: Overcoming Perfectionism in Children and Teenagers pinpoints a crippling condition of mentality among many kids and teens today - the necessity to be absolutely perfect - and gives parents and teachers the assistance and support they need to help children break free of the anxieties and behaviors related to perfectionism. Proven approaches for helping children and teens break free of the bonds of perfectionism. This engaging, practical reserve is a must-possess for parents, teachers, and counselors wanting to help kids overcome perfectionism, increase self-confidence, lessen guilt, increase motivation, and provide a future free from rigidity.



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Too basic--Good once you learn nothing. This was more basic than what I needed. I loved the reason of the different types of giftedness and there are many nice tables that summarize details, but as others possess noted, the answer side is lacking. Exceptional Resource As an educator passionate about gifted mother or father education, I am always looking for helpful books to suggest to parents and colleagues....This book is for those who are just starting to learn about perfectionism. And I believe the reserve had a flaw that resources on perfectionism appear to have. My youthful perfectionist does pretty well if she knows after that happen (from the instructor) and when her expectations are maintained (from her parents), but if those are missing, she struggles to deal when her effort doesn't yield the outcomes she was aiming for. which I have. This is a good resource for parents and educators, including homeschooling parents, of children with perfectionist tendencies. This is present in an oblique, vague manner but I required something particular as our problems at school may be the insufficient clear guidelines and details on what to do from the teacher.. Good for other resources Lots of repetition through the entire starting chapters that didn't seem necessary. There is a lot of time spent describing characteristics of a perfectionist, but I know I have a gifted kid leaning toward these tendencies. I was looking for more parenting methods than were provided. Your options contained within had been already things I have been using for a relatively good pretty and seem fairly basic. I want I had this book when my children were younger! Very Practical Help This book contains plenty of practical advice for helping children cope with issues that can follow from perfectionism. I believe I am referencing those websites a lot more than this publication later on. Most intelligent parents are going to figure these things out. Adelson and Wilson's "Letting Go of Perfect" quickly made it's way to my "most recommended" book list. I plan to purchase even more copies and give as presents to teachers and additional parents of children who are struggling with perfectionism. The authors provide numerous practical strategies targeted at each particular manifestation of perfectionism to help students transition from harmful/maladaptive perfectionism into healthy perfectionism. The book also includes an abundance of additional resources for teachers, parents, and students including books (both fiction and nonfiction), websites, and games. There have to be more advanced methods to nip perfectionism in the bud before it becomes too much of an issue. There are suggestions for teachers and for parents in assisting kids overcome perfectionism. What I liked was the last chapter with some links to sites containing info regarding aspects of giftedness. A few of the advice is fairly general, but parents and teachers will be able to adjust it to each child's situation. The author's different types of perfectionists are really illustrations of the ways problems from perfectionism could be manifested, and somewhat different advice is given for every. The publication profiles five simple prototypes of perfectionists, with engaging types of each. there's nowhere near enough discussion about how young perfectionists need to know the parameters of what's expected from them and the adults within their lives need to help them manage expectations. Excellent info My own 7 year aged is beginning to have a problem with perfectionism. This book was readable and had lots of good info for me. Letting go of perfect Letting Go of Perfect had not been quite what I was hoping for in the way of help for a perfectionist granddaughter, and We felt the issue solving was simplistic. I wish I'd experienced it sooner once the signals of perfectionism really were starting to display (when my child was in 4th quality). 5 years later it is still so relevant. Unlike other books I have read about perfection, "Letting Proceed of Perfect" delineates features and motives regarding multiple types of perfectionism. not just for kids! This book finds a good balance between being smart and rigorously researched on the main one hand and readable and practical on the other. The descriptions and the tips are not limited to gifted children, but often apply to them. This is a must for teachers and parents requiring assistance about their perfectionistic children and students! There is also the right "mythbusting" here in addition to a good discussion on the difference between healthy and unhealthy perfectionism. I found the tips to end up being helpful when considering children, but many of them can be applied to adults as well. I know a lot

of recovering perfectionists who are fighting this well into adulthood! Beyond my expectations This book was so beneficial to me as a parent of an exceptionally perfectionistic child.



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