



Proven Strategies to End Procrastination,  
Accept Yourself, and Achieve Your Goals

**THE**  
**PERFECTIONISM**  
**WORKBOOK**

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# The Perfectionism Workbook: Proven Strategies to End Procrastination, Accept Yourself, and Achieve Your Goals



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Highly self-critical;The 5 tendencies of toxic perfectionism: Need for approval and pleasing others; Nevertheless, those same aspirations can also switch into perfectionism, which causes us to put unrealistic pressure on ourselves and set impossible standards that negatively impact how exactly we think and act.Perfectionism might have serious effects, both mentally and physically. In The Perfectionism Workbook, Taylor delivers practical, effective exercises to help you change the way you view yourself, set healthy goals, and find contentment in your lifestyle.The Perfectionism Workbook is a hands-on guide especially made to identify and resolve the root factors behind perfectionism. Procrastination, inaction, and paralysis;The desire to continuously improve could be a positive trait that fuels success. It these webpages you will discover:A perfectionism review that will help you understand the illusion of perfectionism, why it doesn't work, and what that you can do to treat your perfectionism. Fear of making mistakes;The Perfectionism Workbook offers actionable exercises to help you overcome the barriers created by perfectionism and develop skills for living a wholesome, more gratifying lifestyle. Judgment of self among others.Practical strategies in line with the principles of CBT, mindfulness, and acceptance that will help you quiet your critical internal voice, conquer procrastination, and develop true self-worth.Real-world examples of perfectionism that may provide meaningful chance of insight and reflection into your personal perfectionism.In his work as a medical therapist, Taylor Newendorp has effectively used cognitive behavioral therapy (CBT) to help countless patients who live with the immense pressure of perfectionism and various other related issues such as OCD, anxiety disorders, eating disorders, or depression. But there exists a solution?and it can be found in the web pages The Perfectionism Workbook.



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