



**The Everything Guide to Coping with
Perfectionism: Overcome Toxic Perfectionism,
Learn to Embrace Your Mistakes, and Discover
the Potential for Positive Change (Everything®)**

Ellen Bowers

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Find your perfect balance!

Perfectionism is an admirable quality, right? After all, what's wrong with working hard to reach lofty goals? But sometimes perfectionism can go too far--well beyond pulling extra hours at work to beat a deadline or cleaning the house until it shines. Toxic perfectionism can result in obsessive behavior, damaged self-esteem, depression, and even physical ailments.

In *The Everything Guide to Coping with Perfectionism*, you'll find tips and techniques to help you recognize symptoms of toxic perfectionism and learn how to introduce flexibility and balance into your life.

This easy-to-use guide includes information on:

- The surprising link between perfectionism and procrastination
- Eating disorders and the role perfectionism plays in their development
- The relationship between obsessive behavior and anxiety
- How toxic perfectionism manifests in children

In addition, you'll learn that you don't necessarily need to "fix" perfectionism--you can mold perfectionist behavior into healthy habits and harness your high ambitions to create achievable and positive goals.

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