

When Good Enough Is Perfect A Veterinarian S Guide To Change Acceptance And Letting Go

When Perfect Isn't Good Enough Good Enough Drive Perfect Me Addicted to Perfect Moving Past Perfect Perfectionism: A Practical Guide to Managing "never Good Enough" The Good Enough Manager A Good Enough Mother Perfect Enough Good Enough Good Enough: A Novel Good Enough Is the New Perfect Why Your Best Is Good Enough Ask a Manager Perfectly Hidden Depression Ignore It! Good Enough You Asked for Perfect Perfectionism Brave, Not Perfect Too Perfect A Good Enough Parent Present Perfect The Better Angels of Our Nature Being Perfect What to Do When Good Enough Isn't Good Enough Breaking Up with Perfect Good Enough Now Letting Go of Perfect How Good Is Good Enough? Will I Ever be Good Enough? A Perfect Mess Good Enough Is Good Enough! ish Never Good Enough Logically Fallacious Overcoming Perfectionism Close Enough to Perfect Marry Him

When Perfect Isn't Good Enough

The truth about parenting is that you don't have to get everything right and your family doesn't need to be perfect. Colleen Duggan learned those lessons through years of struggling with unrealistic expectations. In this frank and intimate story, Duggan explores the emotional and spiritual healing that needed to take place in her life in order to be the parent, spouse, and follower of Christ God created her to be. Sharing both funny parenting moments and difficult times of self-scrutiny, Duggan invites us to join her in experiencing God's healing mercy and shows how to allow that healing to rejuvenate our lives and revitalize our families. As a child, Duggan smoothed over the jagged edges of her difficult home life with good grades and perfect behavior. By the time Duggan was an adult, her drive to constantly be in control was her way of life. It was only when she began raising her family that she realized how damaging this compulsion was for both her and the people around her. That's when she began her faltering journey toward letting God be in control. In *Good Enough Is Good Enough*, Duggan shares her heartaches—learning her child has a genetic disorder that might lead to cancer; realizing that her drive to do and be everything for everyone strained her marriage; and struggling with feelings of worthlessness after leaving her job to become "just" a stay-at-home, homeschooling mom. She also shares parenting difficulties we've all faced—trying to keep her kids quiet during Mass; wondering whether she's giving them enough opportunities for growth; and balancing time spent on herself, her kids, and others. With each story, we feel the brokenness she tried to cover by being a "perfect" parent and the eventual realization that she needed to find healing. Through the saints, the Sacraments, and Catholic traditions and literature, Duggan found the Church a place where God's love and healing grace embraced her. She invites us to the same conclusion: whether we are dealing with everyday frustrations or life-changing tragedies, it is in the heart of the Catholic Church that we are finally free to let go of our facades in order to embrace our brokenness and find healing.

Good Enough

A young girl with an eating disorder must find the strength to recover in this moving middle-grade novel from Jen Petro-Roy. Before she had an eating disorder, twelve-year-old Riley was many things: an aspiring artist, a runner, a sister, and a friend. But now, from inside the inpatient treatment center where she's receiving treatment for anorexia, it's easy to forget all of that. Especially since under the influence of her eating disorder, Riley alienated her friends,

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abandoned her art, turned running into something harmful, and destroyed her family's trust. If Riley wants her life back, she has to recover. Part of her wants to get better. As she goes to therapy, makes friends in the hospital, and starts to draw again, things begin to look up. But when her roommate starts to break the rules, triggering Riley's old behaviors and blackmailing her into silence, Riley realizes that recovery will be even harder than she thought. She starts to think that even if she does "recover," there's no way she'll stay recovered once she leaves the hospital and is faced with her dieting mom, the school bully, and her gymnastics-star sister. Written by an eating disorder survivor and activist, *Good Enough* is a realistic depiction of inpatient eating disorder treatment, and a moving story about a girl who has to fight herself to survive.

Drive

Surely there's more than one way to get to heaven? Bestselling author Andy Stanley addresses this popular belief held even among Christians. But believing that all good people go to heaven raises major problems, Stanley reveals. Is goodness not rewarded, then? Is Christianity not fair? Maybe not, he says. Readers will find out why Jesus taught that goodness is not even a requirement to enter heaven - and why Christianity is beyond fair. Andy Stanley leads believers and skeptics alike to a grateful awareness of God's enormous grace and mercy. *Good People Go to Heaven Don't They?* Sure they do. It only makes sense. Actually, it doesn't really make any sense at all. Smart, educated, accomplished men and women everywhere are banking their eternities on a theory that doesn't hold water. Chances are, you've never really thought it through. But you owe it to yourself to do so. Find out now what's wrong with the most popular theory about heaven—and what it really takes to get there.

Perfect Me

Perfection is a mask we use to avoid pain. We think that if we can achieve perfection, we will achieve happiness. We believe that if we can avoid pain, we can also avoid abandonment and loneliness and unworthiness. Perfection is the thief of joy. It's a lie that keeps us in a stranglehold of chaos and people-pleasing and addiction and lack. Perfection says we are never good enough. It holds us back from being our truest, most authentic selves. Author Vitale Buford spent nearly three decades of her life in the web of perfection. The roots of her perfection were born in her childhood - she had a dysfunctional home-life fraught with alcoholism, workaholism and shame. This combination created an environment of neglect, where the only way Vitale got attention was to be perfect. She was praised for being an "easy child," "pretty," and "self-motivated," so that's what she tried to be. Her need for perfection and outside success was coupled with her body image obsession. It was also a distraction from the pain of abandonment and loneliness she experienced in her childhood. It was the perfect storm - she tied her self-worth to her external success and her appearance, and hence, her addiction to perfection was born. The need for perfection followed her to college, and when she started gaining weight, she became obsessed with dieting to make her body smaller and more acceptable. She worked hard in college and got good grades, but her body shame was all consuming. Her junior year of college, she was introduced to Adderall as a "study drug." She used it for a few months - and ended up losing 20 pounds; she also got her best grades ever with her most rigorous course load. She was sure she had discovered the "perfect drug." She was able to obtain her own prescription the following year. It hooked her immediately. She was addicted not only to Adderall but also to the perfection and the weight loss and her newfound ability to accomplish projects and tasks with ease. This was the beginning of a 10-year love affair with Adderall. In *Addicted to Perfect*, Vitale shares the highs and lows of having been a

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slave to Adderall, the destructive relationships that ensued, and the way that she finally broke free. She details the many twists and turns involved in the years leading up to her getting sober and the eating disorder that followed her into sobriety. It took parenthood and radical honesty for her to begin the road to true healing. Perfectionism is no longer something that enslaves her, and Vitale's story is one of hope that no matter where you are in your life, you can release the grip of perfection. You can heal your pain and your abandonment and your loneliness and your fear and your guilt and your shame. You can experience true freedom, and most importantly, replace perfection with self-love.

Addicted to Perfect

This book teaches frustrated, stressed-out parents that selectively ignoring certain behaviors can actually inspire positive changes in their kids. With all the whining, complaining, begging, and negotiating, parenting can seem more like a chore than a pleasure. Dr. Catherine Pearlman, syndicated columnist and one of America's leading parenting experts, has a simple yet revolutionary solution: Ignore It! Dr. Pearlman's four-step process returns the joy to child rearing. Combining highly effective strategies with time-tested approaches, she teaches parents when to selectively look the other way to withdraw reinforcement for undesirable behaviors. Too often we find ourselves bargaining, debating, arguing and pleading with kids. Instead of improved behavior parents are ensuring that the behavior will not only continue but often get worse. When children receive no attention or reward for misbehavior, they realize their ways of acting are ineffective and cease doing it. Using proven strategies supported by research, this book shows parents how to: - Avoid engaging in a power struggle - Stop using attention as a reward for misbehavior - Use effective behavior modification techniques to diminish and often eliminate problem behaviors Overflowing with wisdom, tips, scenarios, frequently asked questions, and a lot of encouragement, Ignore It! is the parenting program that promises to return bliss to the lives of exasperated parents.

Moving Past Perfect

The New York Times bestseller that gives readers a paradigm-shattering new way to think about motivation from the author of *When: The Scientific Secrets of Perfect Timing* Most people believe that the best way to motivate is with rewards like money—the carrot-and-stick approach. That's a mistake, says Daniel H. Pink (author of *To Sell Is Human: The Surprising Truth About Motivating Others*). In this provocative and persuasive new book, he asserts that the secret to high performance and satisfaction—at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world. Drawing on four decades of scientific research on human motivation, Pink exposes the mismatch between what science knows and what business does—and how that affects every aspect of life. He examines the three elements of true motivation—autonomy, mastery, and purpose—and offers smart and surprising techniques for putting these into action in a unique book that will change how we think and transform how we live.

Perfectionism: A Practical Guide to Managing "never Good Enough"

You've checked all the boxes. You've followed all the rules. But something has still gone terribly wrong. This is where Wendi Nunnery—Jesus follower, college graduate, and newlywed—found herself eleven years ago. After years of meeting all the expectations set for

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a “good” Christian girl, she was suddenly spiraling into an unknown terror she would later discover was Obsessive-Compulsive Disorder and questioning everything she’d ever known about herself and about God. It took nearly a decade, but eventually Wendi learned her value was fixed. Finished. Holy. And it’s in the pages of this book where she lays out the story of how and invites you to come along, find a friend, and realize you are not alone in your wandering. Driven by thoughtful, poignant essays with just the right amount of colorful language, Good Enough tackles the lie that we are required to be perfect in order to be good and, most importantly, reveals the truth about how much we’ve already been given.

The Good Enough Manager

Suggests how parents can develop their own insights into child rearing, how to comprehend the children's behavior, and how to cope with situations in ways most beneficial to the child's well-being

A Good Enough Mother

A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing.

Perfect Enough

Our desire to make things look, feel or seem perfect is dangerously on the rise and has dire consequences for how we feel about ourselves and how we live and work with others. Being more 'ish' - meaning somewhat, more or less, to some extent - is a more flexible and happier way to think and work. Care less about more, and care more about less.

Good Enough

"Taut, absorbing and psychologically astute, in A Good Enough Mother Bev Thomas combines all the tension of a thriller with the emotional resonance of a powerful family drama." --Paula Hawkins, #1 New York Times bestselling author of The Girl on the Train "Perfect for fans of The Silent Patient." --Booklist A riveting page-turner that lets us inside the secret world of therapist and patient, where boundaries get crossed, and events spiral out of control. . . Ruth Hartland is a psychotherapist with years of experience. But professional skill is no guard against private grief. The mother of grown twins, she is haunted by the fact that her beautiful, difficult, fragile son Tom, a boy who never "fit in," disappeared a year and a half earlier. She cannot give up hope of finding him, but feels she is living a kind of half-life, waiting for him to return. Enter a new patient, Dan--unstable and traumatized--who looks exactly like her missing son. She is determined to help him, but soon, her own complicated feelings, about how she has failed her own boy, cloud her professional judgement. And before long, the unthinkable becomes a shattering reality. An utterly compelling drama with a timebomb at its core, A Good Enough Mother is a brilliant, beautiful story of mothering, and how to let go of the ones we love when we must.

Good Enough: A Novel

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Shows how perfection can cause depression, low self-esteem, and other problems and leads readers through a comprehensive program designed to release them from its grip.

Good Enough Is the New Perfect

This book is a crash course in effective reasoning, meant to catapult you into a world where you start to see things how they really are, not how you think they are. The focus of this book is on logical fallacies, which loosely defined, are simply errors in reasoning. With the reading of each page, you can make significant improvements in the way you reason and make decisions. Logically Fallacious is one of the most comprehensive collections of logical fallacies with all original examples and easy to understand descriptions, perfect for educators, debaters, or anyone who wants to improve his or her reasoning skills. "Expose an irrational belief, keep a person rational for a day. Expose irrational thinking, keep a person rational for a lifetime." - Bo Bennett This 2021 Edition includes dozens of more logical fallacies with many updated examples.

Why Your Best Is Good Enough

On those days when French fries litter the floor of your minivan, when you think bad words about other drivers, when your smile hides an anxious heart – in those moments when you fall short of all you'd hoped to be – what does God see when He looks at you? In your less-than-lovely moments, God sees a precious daughter in need of His perfect love. In this liberating look at how God adores and transforms imperfect people, Bible teacher Lisa Harper weaves poignant stories of her own personal foibles with a fresh take on selected Psalms to reveal a loving Father who remains your greatest champion even when you don't feel anywhere close to holy. Join Lisa in discovering what happens when we stop trying to hide our inadequacies and doubts and instead trust God with our anger, frustrations, flaws, and regrets. As you accept God's loving invitation to exchange your junk for His joy, you'll find the imperfect pieces of your life shaped into a glorious pattern of divine grace.

Ask a Manager

Looks at the difficulty of overcoming a perfectionist attitude, explains what perfectionism is and where it originates, and describes steps that parents and families can take to eliminate the trait.

Perfectly Hidden Depression

INTERNATIONAL BESTSELLER * Inspired by her popular TED Talk, the founder and CEO of Girls Who Code urges women to embrace imperfection and live a bolder, more authentic life. "A timely message for women of all ages: Perfection isn't just impossible but, worse, insidious."--Angela Duckworth, bestselling author of Grit Imagine if you lived without the fear of not being good enough. If you didn't care how your life looked on Instagram. If you could let go of the guilt and stop beating yourself up for making human mistakes. Imagine if, in every decision you faced, you took the bolder path? As women, too many of us feel crushed under the weight of our own expectations. We run ourselves ragged trying to please everyone, pass up opportunities that scare us, and avoid rejection at all costs. There's a reason we act this way, Saujani says. As girls, we were taught to play it safe. Well-meaning parents and teachers praised us for being quiet and polite, urged us to be careful so we didn't get hurt, and steered

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us to activities at which we could shine. As a result, we grew up to be women who are afraid to fail. It's time to stop letting our fears drown out our dreams and narrow our world, along with our chance at happiness. By choosing bravery over perfection, we can find the power to claim our voice, to leave behind what makes us unhappy, and to go for the things we genuinely, passionately want. Perfection may set us on a path that feels safe, but bravery leads us to the one we're authentically meant to follow. In *Brave, Not Perfect*, Saujani shares powerful insights and practices to help us let go of our need for perfection and make bravery a lifelong habit. By being brave, not perfect, we can all become the authors of our best and most joyful life.

Ignore It!

What is a "good enough" manager? -- Discovering GEMs: a study of the best and worst managers -- GEMs as mentors and teachers -- GEMs as relationship builders -- GEMs as models of integrity -- Becoming a GEM.

Good Enough

When your life looks perfect, but you're silently falling apart... If you were raised to believe that painful emotions are a sign of weakness, or if being vulnerable has always made you feel unsafe, then you may have survived by creating a perfect-looking life—a life where you appear to be successful, engaged, and always there for others. The problem? You're filled with self-criticism and shame, and you can't allow yourself to express fear, anger, loss, or grief. You recognize something is wrong, but you're not sure what exactly—only that you feel trapped and alone. If this sounds like you, you may have perfectly hidden depression (PHD). With this compassionate guide, you'll begin the process of understanding your perfectionism, identifying destructive beliefs, and connecting with emotions suppressed for far too long. You'll also find tangible tips for quieting that critical inner voice, and powerful strategies for coping with difficult feelings. Most importantly, you'll learn that asking for help isn't a sign of weakness, but a sign of strength. If you're ready to stop hiding and start healing, this groundbreaking book will guide you—every imperfect step of the way.

You Asked for Perfect

The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice from the creator of the popular website *Ask a Manager* and New York's work-advice columnist. There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when

- coworkers push their work on you—then take credit for it
- you accidentally trash-talk someone in an email then hit "reply all"
- you're being micromanaged—or not being managed at all
- you catch a colleague in a lie
- your boss seems unhappy with your work
- your cubemate's loud speakerphone is making you homicidal
- you got drunk at the holiday party

Advance praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the

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most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Clear and concise in its advice and expansive in its scope, *Ask a Manager* is the book I wish I’d had in my desk drawer when I was starting out (or even, let’s be honest, fifteen years in).”—Sarah Knight, New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck*

Perfectionism

An inspiring and thought-provoking guide to help you abandon the pursuit of perfection and become comfortable and more confident in your own skin. We’ve all been in relationships that were bad for us whether with a catty girlfriend, a selfish boyfriend, or a coworker who undermines our best efforts. But there is one relationship that steals the potential of all other relationships—including our relationship with ourselves and, ultimately, our relationship with God. And that’s our relationship with Perfect. Perfect is a bad friend. No matter what we do or say or give or bake or create it’s never enough. Perfect always demands more, but it’s never satisfied. Never. Whether you are a “good girl,” who always tries to be what you think everyone else wants you to be, or a “never good enough” girl, who’s desperately hiding your past and shame behind attempts to measure up—this book will help you find the beautiful, loving, fulfilled woman God created you to be. Imperfections and all. *Breaking Up with Perfect* will help you:

- Experience authenticity as the antidote for isolation
- Trade the Lies of Perfection for the Truths of God’s Love
- End the pursuit of perfection, so God can begin His powerful perfecting work in you

After reading this book, you’ll be able to end the never-ending stress that chasing Perfect brings and live a life filled with joy, peace, and spiritual fulfillment.

Brave, Not Perfect

Sitting around pointing fingers and waiting for change to appear on the horizon—has it ever worked for you? Do you feel imbalance between who you are and who you think you should be? Do you see fulfillment, better relationships, and stronger teamwork as something to work for, but not possible now? In her breakthrough message, author and speaker Jessica Pettitt reveals the truth about how we can be the best versions of ourselves now! By being our authentic selves, we can immediately improve our companies, relationships, and communities. *Good Enough Now* is an innovative and practical guide to ridding yourself of self-doubt, self-limiting beliefs, and habitual excuses through: Being true to yourself Building on your strengths Supporting others in their strengths Building better teams Serving others Read this revolutionary book and discover that you already have what is necessary to begin shifting the paradigm!

Too Perfect

In this updated 10th anniversary edition of Gillespie and Temple’s groundbreaking research, *Good Enough Is the New Perfect* shows that modern mothers really can have it all. The pressure on women is real. We dominate in our jobs while simultaneously juggling the needs of our families and our homes. But what about our own needs? With so many balls in the air, finding balance is harder than ever. The truth is that you can have it all. The secret is creating an “all” that you love. Through their extensive research, Becky Beaupre Gillespie and Hollee Schwartz Temple have discovered a paradigm shift in motherhood: more and more mothers are losing their “never enough” attitude and embracing a “good enough” mindset to be happier,

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more confident and more fulfilled. With inspiring firsthand accounts from working mothers, *Good Enough Is the New Perfect* is a true roadmap for the incredible balancing act we call motherhood and getting what you really want out of your career, your family and your life. "Most moms I know don't even want it all. We just want less stress and enough time. But how can we achieve it? [*Good Enough Is the New Perfect*] sheds light on this question." —The Washington Post

A Good Enough Parent

Documents the struggle between the sons of Hewlett-Packard's founders and the company's powerful woman CEO to retain controlling interest over the company, describing the differences that set each side at opposition and tracing Fiorina's experiences behind the scenes. Reprint. 75,000 first printing.

Present Perfect

This fully revised and updated edition of a best-selling classic offers the latest research and treatment methods - including cutting-edge acceptance-based strategies from a cognitive behavioural perspective, as well as the latest on medications - for readers who dread making mistakes and feel that nothing they do is quite good enough to help them overcome their need to be perfect. This book explores the nature of perfectionism and offers a step-by-step program of cognitive-behavioural and acceptance-based strategies from a cognitive behavioural perspective to overcome the problem. It includes an explanation of the causes and characteristics of perfectionism and shows you how to assess the impact that it has on your life. The book offers tips on dealing with others who are perfectionists. Exercises help challenge unrealistic expectations and work on specific areas where perfectionism is a problem.

The Better Angels of Our Nature

Rick Harmond moves from his small hometown, where he worked on his father's ranch, to a bigger city for college. In his cowboy boots and hat, he immediately feels out of place but he refuses to let his reluctance get the better of him - he's been given the opportunity of a lifetime! He's been given a full-ride scholarship thanks to his affinity for math. One of the stipulations to receive the scholarship is that he join his college's Gamma Sigma Gamma fraternity chapter. They're not the kind of people he would usually be around, but he needs the scholarship - farming can't pay his tuition. He endures the ribbing given by his fellow pledges and the frat brothers, and he also befriends a sorority sister, Rosanna, a popular cheerleader. Rick also meets Rosanna's roommate: Lorraine, whose double-leg amputation has confined her to a wheelchair. Lorraine, a former cheerleader in high school, has become withdrawn, even standoffish, since her accident. And she has good reason to be defensive: Every day she gets looks of pity, looks of disgust, and hears people talking behind her back, thanking God they're not in her position. Rick is intrigued by her and finds an opportunity to get to know her: He can help her with her algebra assignments, and she can help him with his English assignments. But soon word of his friendship with Lorraine gets back to the leaders of Gamma Sigma Gamma and a meeting is called: Rick, as well as his fellow pledges, are told they are not to associate with undesirable people because it reflects badly on Gamma Sigma Gamma. Rick then finds himself in an impossible situation - he doesn't want to stop seeing Lorraine but the consequences set his world on fire. How can he remain Lorraine's friend but also afford to stay

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in college?

Reviews

"Close Enough to Perfect by Dan Williams is the story of anyone who has ever been outside of the 'In' crowd for any reason. Williams has created strong characters which will resonate with our own struggles about staying true to ourselves; our values; and how we interact with others along the way. I found myself cheering on Rick Harmond as he steps out of his comfort zone and into a culture that is too self-absorbed to even notice its bad manners (or even flat-out rudeness). During this tumultuous upheaval, he has to make extremely hard choices and finds almost too late what is most important to him."

-Jeff Dillard, Amazon customer, 5-star review

"(Williams) has taken the subjects of disability and difference and written about them so that anyone could see themselves in the place of the character. He then evolves the characters to be more than they thought they could be. It is an engaging story with likable characters which also happen to be real. A great read."

-Di Davis, Amazon customer, 5-star review

"I liked the very accurate portrayal of a young woman going through experiences in high school and college as an amputee. The brutal honesty of how the public deals with her new body and how she deals with it herself Great work, descriptions and dialogue."

-Deborah, Amazon customer, 5-star review

Being Perfect

For many of us, perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives, the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil, trying to satisfy everyone, attempting to direct the future, and feeling that we are failing. In *TOO PERFECT*, Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks, for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, *TOO PERFECT* offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness. From the Trade Paperback edition.

What to Do When Good Enough Isn't Good Enough

An eye-opening, funny, painful, and always truthful in-depth examination of modern relationships and a wake-up call for single women about getting real about Mr. Right. You have a fulfilling job, great friends, and the perfect apartment. So what if you haven't found "The One" just yet. He'll come along someday, right? But what if he doesn't? Or what if Mr. Right had been, well, Mr. Right in Front of You—but you passed him by? Nearing forty and still single, journalist Lori Gottlieb started to wonder: What makes for lasting romantic fulfillment, and are we looking for those qualities when we're dating? Are we too picky about trivial things that don't matter, and not picky enough about the often overlooked things that do? In *Marry Him*,

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Gottlieb explores an all-too-common dilemma—how to reconcile the desire for a happy marriage with a list of must-haves and deal-breakers so long and complicated that many great guys get misguidedly eliminated. On a quest to find the answer, Gottlieb sets out on her own journey in search of love, discovering wisdom and surprising insights from sociologists and neurobiologists, marital researchers and behavioral economists—as well as single and married men and women of all generations.

Breaking Up with Perfect

The Definitive Practical Guide to Managing Perfectionism For perfectionists of all types, whether children or adults, this practical guide explains myths about perfectionism and provides a new paradigm with practical steps to turn the negative into positive, build resilience, and develop optimism. For Parents, Teachers, and Even Young Readers Whether you're a parent, a teacher, or even a tween or teen, this readable book will guide you through the maze and struggle of perfectionism, helping you implement the strategies that will work for you. Research-based, Everyday Life Approved Perfectionism translates the research on goal setting, perseverance, mindset, and habits into tips and hacks for taming the perfectionist in all of us. Legacy Award Winner Perfectionism is the winner of the 2018 TAGT Legacy Award for the best book for parents of the gifted. About the Author Lisa Van Gemert is an educator, widely-known speaker, and the former Youth and Education Ambassador for Mensa. An expert in the care and feeding of gifted children, she shares her expertise on her website, giftedguru.com. What Others Are Saying "Finally, a book on perfectionism that delivers on its promise of managing the "never good enough" lives highly-readable and engaging marries theory and practice with exquisite clarity sound advice." - James R. Delisle, Ph.D., Distinguished Professor of Education (Retired), Kent State University. Co-author of When Gifted Kids Don't Have All the Answers and 19 other books. "Packed with practical ideas parents and teachers can readily implement to help those struggling with perfectionism, this book is the PERFECT resource to help adults teach and model happy imperfection." - Ed Amend, Psy.D., Clinical psychologist and former Board member, Supporting Emotional Needs of Gifted "Who better to write a book about perfectionism than a recovering perfectionist? Invaluable new insights on perfectionism a must-read for parents and teachers struggling to understand the young perfectionists in their lives." - Lisa Conrad, Owner, Gifted Parenting Support, and Moderator of Global #gtchat Powered by TAGT on Twitter. "Lisa Van Gemert is your guide out of Perfectionland! She gives inspiration and a roadmap for a life filled with joy, while still pursuing your personal best. The stories and strategies in these pages can literally transform lives." - Dan Peters, Ph.D., Clinical Psychologist and co-founder of Summit Center, and author of Make Your Worrier a Warrior: A Guide to Conquering Your Child's Fears and related books. "I wish I had known these strategies in raising my own highly capable children. Full of commonsense advice for parents and teachers, and a good helping of humor, the logical strategies will be easy to try at home and at school." - Jane Hesslein, M.A., Humanities teacher, Seattle Country Day School and former Board member, Supporting Emotional Needs of Gifted

Good Enough Now

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

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and how to free themselves. Includes true-to-life vignettes, exercises, and a note to grown-ups.

Letting Go of Perfect

Discusses the dangers of being a perfectionist, with tips for easing up on oneself, gaining control over life, and getting professional help.

How Good Is Good Enough?

Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence, drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.

Will I Ever be Good Enough?

A revolutionary approach to overcoming perfectionism! A recent, randomized study—published by *Mindfulness Journal*—shows that *Present Perfect* is effective as a standalone intervention. The study found that those who had read the book experienced a statistically significant reduction of self-criticalness, a result that was still maintained at a six weeks follow-up (Wimberley, Mintz, & Suh, *Mindfulness*, Nov. 2015). While there's no doubt that setting high standards for yourself is a good thing, you've probably already noticed that perfectionism can come at a high price. And when you take steps to try to change, it's easy to be too hard on yourself and fall into the same traps that keep you feeling stressed and disappointed. This book presents a revolutionary approach to overcoming perfectionism—a way to transform your need for precision into self-acceptance, compassion, and love for each perfectly imperfect passing moment in our lives. In *Present Perfect*, you'll use the Buddhist psychology of mindfulness to learn to accept the present moment in all of its ordinary perfection. This book is filled with over 150 exercises and meditations that you can practice to become more flexible toward yourself and others without losing your love of a job well done. With this compassionate approach, you'll soon be able not only to accept life as it is, but also become more accepting and forgiving of yourself and others.

A Perfect Mess

"Wise romantic and painfully relatable."—BECKY ALBERTALLI, award-winning author of *Simon vs. the Homo Sapiens Agenda* For fans of Adam Silvera and Nina LaCour comes a timely novel about a teen's struggle when academic success and happiness pull him in opposite directions. Senior Ariel Stone has spent his life cultivating the perfect college résumé: first chair violinist, dedicated volunteer, active synagogue congregant, and expected valedictorian. He barely has time to think about a social life, let alone a relationship until a failed calculus quiz puts his future on the line, forcing Ariel to enlist his classmate, Amir, as a tutor. As the two spend more time together, Ariel discovers he may not like calculus, but he does like Amir. When he's with Amir, the crushing academic pressure fades away, and a fuller and brighter world comes into focus. But college deadlines are still looming. And adding a new relationship to his long list of commitments may just push Ariel past his limit. Full of empathy, honesty, and heart, *You Asked for Perfect* is a story for anyone who has ever questioned the price of perfection. Praise for *You Asked for Perfect*: "Silverman's novel hit me straight in the heart. It was powerful enough to make me want to be a better—yet still imperfect—person." —Bill Konigsberg, author of *The Music of What Happens* "A coming-of-age novel that will

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charm readers with its relatable and diverse characters, quirky storyline, and interweaving of faith, queerness, and the everyday lives of seniors navigating the pressures of college applications, grades, and relationships. Heartwarming and engaging."—Kirkus

Good Enough Is Good Enough

The third novel in New York Times bestselling author Kelly Elliott's Meet Me in Montana series shows how family and true love can heal a broken past. After her mother died in a car accident when she was only five, and her father was determined not to show any emotions toward his only daughter, Timberlynn longs for a normal family. What she hadn't planned on was finding that family in Hamilton, Montana—thousands of miles away from everything she's ever known in Atlanta, Georgia. She certainly didn't plan on falling for Tanner Shaw. A handsome, charming, cowboy who swept her off her feet the moment he looked at her with eyes the color of the Montana sky. Tanner Shaw was lost and confused living a life without purpose, traveling between one city to the next. With a longing desire for something he could not quite pinpoint, he heads back to his hometown in Montana to spend Christmas with his family and clear his clouded head. One look at Timberlynn standing in his family's kitchen, and his entire world is turned upside down. Or was it? For once in his life, Tanner knew exactly what he wanted and was determined to prove to the only woman he had ever loved that what they shared was worth the risk. But winning Timberlynn Holden's heart wasn't going to be as easy as he thought. Can Tanner finally rope in the woman he loves, or will he be unable to help her mend her broken heart? Good Enough is a stand alone novel in the Meet Me in Montana series. Suggested reading order - 1. Never Enough 2. Always Enough 3. Good Enough 4. Strong Enough

Ish

How looking beautiful has become a moral imperative in today's world The demand to be beautiful is increasingly important in today's visual and virtual culture. Rightly or wrongly, being perfect has become an ethical ideal to live by, and according to which we judge ourselves a success or failure. Perfect Me explores the changing nature of the beauty ideal, showing how it is more dominant, demanding, and global than ever before. Arguing that our perception of the self is changing, Heather Widdows shows that more and more, we locate the self in the body. Nobody is firm enough, thin enough, smooth enough, or buff enough—not without significant effort and cosmetic intervention. To understand these rising demands, we need to recognize their ethical aspect and seek out new communal responses.

Never Good Enough

How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') it can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes: - Description of Clinical Perfectionism - Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue - Identifying the problem and monitoring - Overcoming perfectionism - step-by-step self-help course based

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on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview

Logically Fallacious

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.

Overcoming Perfectionism

Writing in his well-known, upbeat style, Dr. Kevin Leman helps those who struggle with self-doubt to value their talents and gifts and accept their shortcomings. He points out why the lifestyle we develop as a child determines our degree of success or failure and explains how, regardless of the past, each person can develop a healthy lifestyle today.

Close Enough to Perfect

A few times in your life, someone will tell you something so right, so deeply true that it changes you forever. That is what Anna Quindlen, author of the timeless bestseller *A Short Guide to a Happy Life*, does here. In *Being Perfect*, she shares wisdom that, perhaps without knowing it, you have longed to hear: about “the perfection trap,” the price you pay when you become ensnared in it, and the key to setting yourself free. Quindlen believes that when your success looks good to the world but doesn’t feel good in your heart, it isn’t success at all. She asks you to set aside your friends’ advice, what your family and co-workers demand, and what society expects, and look at the choices you make every day. When you ask yourself why you are making them, Quindlen encourages you to give this answer: For me. “Because they are what I want, or wish for. Because they reflect who and what I am. . . . That way lies dancing to the melodies spun out by your own heart.” At the core of this beautiful book lies the secret of authentic success, the inspiration to embrace your own uniqueness and live the life that is undeniably your own, rich in fulfillment and meaning.

Marry Him

Getting 100 % on the SATs, or getting a date with a cute trumpet player? Scoring top honors in youth orchestra, or scoring tickets to a punk rock concert? Following your parents' dreams to an Ivy league college, or following your heart? It's senior year, and Patti Yoon is about to find out what it really takes to be good enough!

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