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# Access Free Kids In Perfectionism Overcoming Perfect Of Go Letting

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## **KEY=OF - MARQUES RAIDEN**

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**Letting Go of Perfect Overcoming Perfectionism in Kids** 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. **Letting Go of Perfect Empower Children to Overcome Perfectionism** Routledge Letting Go of Perfect gives parents and teachers the guidance and

support they need to help children break free of the anxieties and behaviors related to perfectionism. This second edition: Explores a state of mind that manifests in unhealthy ways among kids and teens today—the need to be perfect. Features updated research on perfectionism, new strategies, and resources. Delineates the major types of perfectionism and provides practical tips. Explains how students can use their perfectionistic behaviors in a healthy way. Shares advice and stories from real parents, educators, and students. 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 or compulsive behavior, and a sense of rigidity. This engaging, practical book is a must-have for parents and teachers wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity. **What to Do When Good Enough Isn't Good Enough The Real Deal on Perfectionism: A Guide for Kids** *Free Spirit Publishing* 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. **Penelope Perfect A Tale of Perfectionism Gone Wild** *Free Spirit Publishing* "I'd never been late for anything. I just knew this would be a bad day." When Penelope oversleeps, her daily routine gets thrown for a loop. From wearing mismatched socks to receiving her first-ever "B," will "Penelope Perfect" survive this imperfect day? This encouraging story told in cheerful rhyme will speak to kids who deal with perfectionism or other forms of anxiety. The book concludes with tips and information to help parents, teachers, counselors, and other adults foster dialogue with children about overcoming perfectionism and coping when things don't go according to plan. **Present Perfect A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control** *New Harbinger Publications* 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. **Overcoming Perfectionism A self-help guide using scientifically supported cognitive behavioural techniques** *Robinson* 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') is 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 on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview **Overcoming Perfectionism Bookboon**

**Overcoming Perfectionism How to Let Go of Self-Criticism, Build Self-Esteem, and Find Balance** Perfectionism is a character or personality trait that causes life to feel like a never-ending report card. A perfectionist feels as if they are being forever graded on their accomplishments, their appearance, their organization, and just about everything else. This book explores the ways in which perfection can have positive and motivational impacts like providing the drive to overcome adversity or achieve certain goals. However, it can often become difficult to manage and lead to unhealthy outcomes that can translate quickly into anxiety, relationship challenges, daily struggles and overall unhappiness. You'll learn how to identify perfectionistic tendencies and their triggers as well as how to build self-acceptance and self-esteem. Learning to cope with and manage perfectionism can lead to better relationships with family, co-workers and most important with yourself. Case studies, professional advice, practical tips, chapter recaps and several easy to follow mini-lessons are included in order to make this a book that readers will use as a reference tool for many years to come.

**Nobody's Perfect A Story for Children about Perfectionism** Sally overcomes her perfectionism when her teachers and mother help her realize that making mistakes is a part of learning, and that doing her best is good enough. Simultaneous. **Overcoming Perfectionism Finding the Key to Balance and Self-Acceptance** *Health Communications, Inc.* Presents a description of the main features of perfectionism, along with advice on how to overcome its limitations and consequences and achieve greater intimacy and self-acceptance. **The CBT Workbook for Perfectionism Evidence-Based Skills to Help You Let Go of Self-Criticism, Build Self-Esteem, and Find Balance** *New Harbinger Publications* If you feel an intense pressure to be perfect, this evidence-based workbook offers real strategies based in cognitive-behavioral therapy (CBT) to help you develop a more balanced and healthy perspective. Do you hold yourself—and perhaps others—to extremely high standards? Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly? If you've answered "yes" to one or both of these questions, chances are you're a perfectionist. And while there's nothing wrong with hard work and high standards, perfectionism can also take over your life if you let

it. So, how can you find balance? With this workbook, you'll identify the causes of your perfectionism and the ways it is negatively impacting your life. Rather than measuring your self-worth by productivity and accomplishments, you'll learn to exercise self-compassion, and extend that compassion to others. You'll also learn ways to prioritize the things that really matter to you, without focusing on attaining fixed goals. Life isn't perfect, and neither are we. If you're ready to break free from out-of-control perfectionism and start living a richer, fuller life, this workbook will help you get started.

**Moving Past Perfect How Perfectionism May be Holding Back Your Kids (and You!) and what You Can Do about it** *Free Spirit Publishing* 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.

**Being Perfect** *Random House* 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.

**Overcoming Perfectionism Finding the Key to Balance and Self-Acceptance** *Simon and Schuster* Anything worth doing is worth doing well. Practice makes perfect. Winning isn't everything, it's the only thing. Failure is not an option. In today's perfection-obsessed culture, these are the maxims we live by. Yet, the damage that they cause is stifling. Renowned author and pioneer of codependency treatment Ann W. Smith knows this first hand. Smith has dealt with her fair share of perfectionism and has bared witness to this all too common phenomenon in her professional life, having spent the last thirty years studying the impact compulsive disorders have on individuals and family. While perfectionism lacks much of the stigma attached to today's most common compulsions—smoking, gambling, sex addiction, alcoholism, and drug abuse—many of the negative connotations on self and the family system are the same. Psychological and physical implications include: Headaches Isolation Anxiety attacks Fear of failure Sleep disturbances Digestive problems Back pain Overeating Sexual dysfunction Depression Suicidal thoughts or tendencies An inability to establish proper boundaries Overly critical of others The need to be in control Excessive guilt and shame In this revised and updated edition of the original, groundbreaking book *Overcoming Perfectionism: The Key to a Balanced Recovery*, Smith describes the key differences between overt and covert perfectionism; the role early attachment, temperament, sibling relationships, and life circumstances play in developing this pattern; and how to shift toward a center of balance for a more fulfilling life. Readers will learn

how to identify and confront the root cause of their problem, how to reveal and accept their essence, and finally, they will learn the importance of forgiveness and letting go. Additionally, readers discover the key characteristics of a healthy family system, along with the single most important lesson of all—perfection does not exist. **Freeing Your Child from Negative Thinking Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness** *Da Capo Press* Analyzes the underlying causes of children's negative attitudes and provides strategies to help parents and their children manage negative thoughts, build optimism, and establish emotional resilience. **The Psychology of Perfectionism Theory, Research, Applications** *Routledge* This milestone text provides a comprehensive and state-of-the-art overview of perfectionism theory, research, and treatment from the past 25 years, with contributions from the leading researchers in the field. The book examines new theories and perspectives including the social disconnection model of perfectionism and the 2 x 2 model of perfectionism. It also reviews empirical findings, with a special focus on stress, vulnerability, and resilience, and examines perfectionism in specific populations. Finally, it considers how perfectionism relates to physical health and psychophysiological processes and introduces new approaches to effective prevention and treatment. By increasing our understanding of perfectionism as a complex personality disposition and providing a framework for future explorations, this landmark publication aims to promote further research in this field. It will be invaluable reading for academics, students, and professionals in personality psychology, clinical and counseling psychology, applied psychology, and related disciplines. **When Perfect Isn't Good Enough Strategies for Coping with Perfectionism** *New Harbinger Publications* It's only natural to want to avoid making mistakes, but imperfection is a part of being human. And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential. In this fully revised and updated second edition of *When Perfect Isn't Good Enough*, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven-effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life — imperfections and all. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. **Perfectionism: A Practical Guide to Managing "never Good Enough"** *Independently Published* 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](http://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

**Parenting Kids With OCD A Guide to Understanding and Supporting Your Child With OCD** *Routledge* Parenting Kids With OCD provides parents with a comprehensive understanding of obsessive-compulsive disorder, its symptoms, types, and presentation in children and teens. The treatment of OCD is explained, and guidelines on how to both find appropriate help and best support one's child are provided. Family accommodation is the rule, not the exception, when it comes to childhood OCD; yet, higher accommodating is associated with a worsening of the child's symptoms and greater levels of familial stress. Parents who have awareness of how they can positively or negatively impact their child's OCD can benefit their child's outcome. Case examples are included to illustrate the child's experience with OCD and what effective treatment looks like. OCD worsens when there is increased stress for the child; therefore, stress management is an essential component for improvement. Parents will learn how to manage stress in themselves and encourage effective stress management for their children. **Teaching Twice-Exceptional Learners in Today's Classroom** *Free Spirit Publishing* Recognize and support twice-exceptional (2e) learners to help them succeed in school—and beyond. Twice-

exceptional (2e) learners have often been misunderstood, disciplined, unchallenged, and left behind. Even as awareness of 2e learners has grown, educators are still in need of practical tools to recognize and support their twice-exceptional students. This book answers that need, providing teachers with accessible information about twice-exceptional diagnoses and suggested accommodations, modifications, and collaboration with other educational professionals. Dedicated to the needs of all 2e learners, the first part of the book covers identifying and understanding 2e students, strength-based instruction, motivation and self-regulation, and executive functioning skills. The second part details how gifted students are affected by another diagnosis, including: Specific learning disabilities ADHD Autism Spectrum Disorder (ASD) Processing difficulties Anxiety-based diagnoses Depression and other mood disorders This book equips educators with information that will make it easier for them to advocate for their 2e students, including what they need to know about the individualized education plan (IEP) and Section 504 plan process. Special topics, such as gifted students with physical disabilities, students experiencing trauma, and gifted learners from diverse backgrounds, are also included. **With Teaching Twice-Exceptional Learners in Today's Classroom**, educators can better identify, support, and meet the needs of their 2e students. **Hey Warrior** Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. **Challenging Perfectionism An Integrative Approach for Supporting Young People Using ACT, CBT and DBT** *Jessica Kingsley Publishers* Perfectionism is frequently seen as a positive trait but it can have a stifling effect on young people's education and growth and can negatively impact any student regardless of their level of ability. This guide offers professionals working with teenagers the latest research into perfectionism alongside tried-and-tested strategies to alleviate the anxiety associated with it. The first section addresses the theory and context behind perfectionism, including definitions, prevalence, links to other conditions and causal factors. The second section offers easy-to-use activities based on CBT, ACT and DBT to help young people and the professionals working with them to address the tendencies which negatively impact students' lives and academic progress. **Parenting Is Forever A Paediatrician's Tips for Parents, Teachers and Carers** *Apollo Books* Anxiety, autism, ADHD, and learning problems make school hard. Depression, self-harm, cyberbullying, and eating disorders are part of our complex lives. Stress, busyness, and a digital world changes parenting. **Parenting is Forever** reflects the ongoing conversations of a paediatrician with those who care for children. It is influenced by her experience as a parent and from helping more than 30,000 families over twenty-five years. Dr Elizabeth Green shares her practical tips for navigating the developmental stages of childhood. From before birth, through early childhood and adolescence, to adulthood. **Parenting is not a competition. It's okay to fail and try again. That's what makes us better parents.** **Parenting Gifted Children The Authoritative Guide From the National Association for Gifted Children** *Routledge* When parents need the most authoritative information on raising gifted kids, they can turn to **Parenting Gifted Children: The Authoritative Guide From the National Association for Gifted Children**, a gifted education Legacy Award winner. This comprehensive guide covers topics such as working with high

achievers and young gifted children, acceleration, advocating for talented students, serving as role models and mentors for gifted kids, homeschooling, underachievement, twice-exceptional students, and postsecondary opportunities. The only book of its kind, this guidebook will allow parents to find the support and resources they need to help their children find success in school and beyond. Written by experts in the field of gifted education and sponsored by the leading organization supporting the education of gifted and advanced learners, this book is sure to provide guidance, advice, and support for any parent of gifted children. Texas Association for the Gifted and Talented 2011 Legacy Book Award Winner - Parenting **Generation Stressed Play-Based Tools to Help Your Child Overcome Anxiety** *LifeTree Media* Anxiety is rampant in society in general and among children in particular. Written by Registered Clinical Counselor and national parenting columnist Michele Kambolis, *Generation Stressed* explains the causes and effects of anxiety in children and equips concerned parents with an array of highly effective play-based tools with which to help their anxious child. Packed with clinically sound advice based on cognitive behavioral therapy — widely accepted as the most effective method of treatment of anxiety — this easy-to-use handbook offers original, engaging, and effective exercises that parents can use at home, on the road, and in social settings to alleviate the symptoms of anxiety in their children, bolstered by the power of parent-child attachment. Kambolis blends sound theory, practical intervention techniques, and clinical expertise with a warm, encouraging, and conversational tone that parents will find instantly relatable. **Parenting Gifted Children 101 An Introduction to Gifted Kids and Their Needs** *Routledge* This practical, easy-to-read book explores the basics of parenting gifted children, truly giving parents the "introductory course" they need to better understand and help their gifted child. Topics include myths about gifted children, characteristics of the gifted, the hows and whys of advocacy, social and emotional issues and needs, strategies for partnering with your child's school, and more. *Parenting Gifted Children 101* explores ways for you to help your child at home and maximize your child's educational experience with strategies that are based on research, but easy to implement. Each chapter—from parenting twice-exceptional students to navigating the possible challenges that school may hold for your child—contains resources for further reading and insights from more than 50 parents and educators of gifted children. Texas Association for the Gifted and Talented 2017 Legacy Book Award Winner - Parenting **The One Thing You Need to Know ... About Great Managing, Great Leading and Sustained Individual Success** *Simon and Schuster* Drawing on a wide body of research, including extensive in-depth interviews, *THE ONE THING YOU NEED TO KNOW* reveals the central insights that lie at the core of: Great Managing, Great Leadership and Great Careers. Buckingham uses a wealth of relevant examples to reveal that at the heart of each insight lies a controlling insight. Lose sight of this 'one thing' and all of your best efforts at managing, leading, or individual achievement will be diminished. For great managing, the controlling insight has less to do with fairness, or team building, or clear expectations (although all are important). Rather, the one thing great managers know is the need to discover and then capitalize on what is unique about each person. For leadership, the controlling insight is the opposite - discover and capitalize on what is universal to all your people, regardless of

differences in personality, race, sex, or age. For sustained individual success, the controlling insight is the need to discover what you don't like doing, and know how and when to stop doing it. In every way a groundbreaking work, THE ONE THING YOU NEED TO KNOW offers crucial performance and career lessons for business people at every level. **Success Strategies for Parenting Gifted Kids Expert Advice From the National Association for Gifted Children** *Routledge* When parents need guidance on raising gifted kids, they can turn to Success Strategies for Parenting Gifted Kids: Expert Advice From the National Association for Gifted Children. This collection of practical, dynamic articles from NAGC's Parenting for High Potential magazine: **Anxiety-Free Kids An Interactive Guide for Parents and Children** *Routledge* Anxiety-Free Kids (2nd ed.) offers parents strategies that help children become happy and worry-free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one—a practical, reader-friendly book for parents and a fun workbook for kids—this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy and integrates the parent in the child's self-help process. Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less-developed social skills, and to be more vulnerable to substance abuse. Covering the six most commonly occurring anxiety disorders—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears. Educational Resource **What Girls Need How to Raise Bold, Courageous, and Resilient Women** *Penguin* "A powerful book about how we can raise girls to become bold, ambitious women." --Adam Grant What do girls really need to succeed? Children today face an uncertain future, and parents and teachers can't fully predict what's in store for their daughter and sons. But one thing is clear: Our kids need a new set of skills to succeed. Girls, in particular, must nurture essential traits to fully flourish. Students hit the ground running today, entering a school system that carries high expectations on their way to a college application process that is more demanding than ever. After school, young women enter a competitive job market, still complicated by sexism and the possibility of harassment. But the ways we define leadership are also changing, and the women stepping into those roles are mapping new paths to inhabiting traits like grit, resilience, audacity, and self-confidence. What Girls Need shows how parents and educators can foster these critical twenty-first-century skills in our girls and help them to recognize and nurture their inherent strengths—to not just thrive but also find joy and purpose as they come of age in our ever-evolving world. As a student at the all-girls Baldwin School outside of Philadelphia, Marisa Porges grew up in a community designed to produce strong, independent women. After graduating from Harvard, she fulfilled her childhood dream of flying jets off aircraft carriers for the U.S. Navy and served as a counterterrorism expert in Afghanistan and a cybersecurity advisor in the Obama White House. Then in 2016, in an unexpected move for someone whose ambitions had taken her so far from home, Porges returned to head the Baldwin School. In doing so, she saw how small moments in her early education gave her the tools she needed to excel in a

“man’s world.” Combining compelling research, personal stories, and practical advice on timely questions, Porges delves into hot-button subjects like how to harness girls’ voices and boost girls’ self-esteem, and shows how little things have a big impact when nurturing vital skills like competitiveness, collaboration, empathy, and adaptability. What Girls Need empowers us to support the next generation of women so they can confidently hold their own no matter what the future has in store. **A Perfectionist's Guide to Not Being Perfect** *Magination Press* It's hard for teens to be happy when they've created a very narrow window of what defines success. The goal of this helpful book is to encourage teens to maintain their desire to achieve without striving to always be perfect and to appreciate and love who they are just as they are, not for what they do or accomplish. Finding a balance between work and play is key. Challenging perfectionism is about the pursuit of happiness. When teens can recognize that perfectionism is a disadvantage, they can become motivated to do something about it. For many, it may just be shifting the perfectionism a bit to land in a more positive place. It might be about deciding when and where to be slightly perfectionistic, when and where they can let go of high standards and all-or-nothing thinking, and when it's okay to simply do a "good enough" job on something. Topics covered include: What is Perfectionism & Why Change it? Treating Perfectionism with Cognitive-behavioral therapy (CBT): Mastering Self-Care: Relaxation & Meditation Challenging Perfectionistic Thinking: The Path to Freedom Part 1 Decision-Making, Flexibility, & Comfort Zones Challenging Perfectionistic Behavior: The Path to Freedom, Part 2 Picture Perfect: Social Media & Body Image Making Mistakes, Failing & Life Lessons Stress Management & Balanced Living The book also includes resources, additional reading for teens, additional reading for Parents, apps, references, and a comprehensive index Symptoms of Perfectionism: Refusal to accept anything less than perfect Holding yourself to impossible-to-meet high standards Believing that your worth is measured by your achievements or grades Being hyper-focused on grades Needing to get straight-As or be the best at your sport/chosen activity Spending excessive amounts of time on projects or schoolwork because you have to make it perfect Checking work over and over again Needing extensions to hand in assignments or papers Being preoccupied with rules and lists Being rigid and inflexible (for example, if plans change) Difficulty asking for help Difficulty delegating tasks to others Difficulty making decisions Procrastination Being unable to handle making a mistake Feeling guilty for making a mistake or perceived failures Being self-critical and harsh with yourself if your performance falls short of perfect Constantly comparing yourself to others Only being happy when you win or come in first Being unable to accept feedback or constructive criticism Spending hours on your appearance Refusing to leave the house unless you look your best Hyper-focusing on parts of your body that you are not happy with Having negative body-image because your body is not perfect like a male or female model's body Restricted eating (either due to wanting to stay within a certain calorie range or only eating 100% clean foods) Waking up very early at the same time every day to exercise for 2 hours Expecting others to do things to your standards Regularly feeling disappointed in others Expecting that others won't make mistakes Holding others to high/unattainable standards (for example, that others should do things in the way you would) Being unwilling to delegate tasks to others Being critical of others Not being happy for

others when they do well Trouble sharing your thoughts or feelings Difficulty relaxing and letting go Inability to be spontaneous Impact of Perfectionism: Stress Low self-esteem/ self-worth Low self-confidence/ not believing in yourself Self-doubt Self-criticism Self-deprecation Feeling lots of pressure Feeling like a failure Feeling guilt Feeling a sense of shame Inability to celebrate your achievements Negative impact on relationships with parents, teachers, friends Others perceiving you as judgmental or "hard" on them Trouble being close to others because you are overly judgmental Limited problem-solving skills resulting from inflexible thinking Limited creativity (often resulting from appealing to someone else's ideals) Missing out on enjoyable, fun experiences Missing out on being social Physical problems such as GI issues and headaches Exhaustion or fatigue Anxiety Depression Body image disturbance Eating disorders

**The Underachieving Gifted Child Recognizing, Understanding, and Reversing Underachievement (A CEC-TAG Educational Resource)** *Routledge* Why are some gifted children willing to tackle new challenges whereas others seem insecure or uninterested? Why do some gifted students achieve while others become caught in a cycle of underachievement? Are there strategies teachers and parents can implement that promote an achievement-oriented attitude? *The Underachieving Gifted Child: Recognizing, Understanding, and Reversing Underachievement* answers these important questions. Although there are many factors that contribute to achievement, achievement-oriented students exhibit four key traits: they believe that they have the skills to perform well, they expect that they can succeed, they believe what they are doing is meaningful, and they set realistic expectations and implement strategies to successfully complete their goals. This book offers specific strategies to help increase student achievement by improving students' attitudes in these four important areas.

**Perfectionism in Childhood and Adolescence A Developmental Approach** "Perfectionism is growing more prevalent among young people today, with increasing numbers of children admitting they feel pressure to be, or appear to be, perfect. This book describes perfectionism's mental health costs and effects on achievement, explaining the myriad and often surprising ways children and adolescents exhibit perfectionism in their family, school, and social environments. Most important, the authors suggest clinical interventions to help perfectionistic children regain perspective, and accept their limitations. Authors Gordon L. Flett and Paul L. Hewitt expertly summarize relevant studies, demonstrating that perfectionism is pernicious and requires a complex and multi-faceted approach to prevention and treatment. A clinically-focused section rounds out the book, with concrete steps counselors and educators can take to help build resilience and adaptability"--

**Cognitive-Behavioral Treatment of Perfectionism** *Guilford Publications* This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page

where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. **Emotional Intensity in Gifted Students Helping Kids Cope With Explosive Feelings** *Routledge* Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

**Perfectionism A Relational Approach to Conceptualization, Assessment, and Treatment** *Guilford Publications* Grounded in decades of influential research, this book thoroughly examines perfectionism: how it develops, its underlying mechanisms and psychological costs, and how to target it effectively in psychotherapy. The authors describe how perfectionistic tendencies--rooted in early relational and developmental experiences--make people vulnerable to a wide range of clinical problems. They present an integrative treatment approach and demonstrate ways to tailor interventions to the needs of individual clients. A group treatment model is also detailed. State-of-the-art assessment tools are discussed (and provided at the companion website). Throughout the book, vivid clinical illustrations make the core ideas and techniques concrete. **Parenting Dual Exceptional Children Supporting a Child who Has High Learning Potential and Special Educational Needs and Disabilities** *Jessica Kingsley Publishers* This is the first comprehensive guide for parents of children with Dual and Multiple Exceptionality (DME, sometimes called Twice Exceptionality or 2E). Children with high learning potential may also have conditions such as ASD, ADHD, dyslexia and dyspraxia, having 'flashes of brilliance' in some areas whilst needing additional support in others. As a result, their abilities may not always be recognised in an educational setting. This book takes a strengths-based approach towards helping parents recognise and focus on their child's areas of potential to support them towards better attainment and self-esteem, and build on these abilities while also identifying and addressing areas of difficulty. It provides an understanding of the mixed learning profile of DME children, explaining why they excel in some areas but not others, as well as guidance for parents on working positively with schools and providing their child with the support they need. With stories, quotes from parents and examples throughout, this is an essential guide to helping DME children achieve their full untapped potential. **Handbook for Counselors Serving Students With Gifts and Talents Development, Relationships, School Issues, and Counseling Needs/Interventions** *Routledge* The second edition of *Handbook for Counselors Serving Students With Gifts and Talents* provides the definitive overview of research on the general knowledge that has been amassed regarding the psychology of gifted students. This book: Introduces the reader to the varied conceptions of giftedness. Covers issues

specific to gifted children and various intervention methods. Describes programs designed to fulfill the need these children have for challenge. Is updated and expanded, addressing contemporary issues. Reflects the latest research on giftedness. With chapters authored by leading experts in the field, *Handbook for Counselors Serving Students With Gifts and Talents* is a resource professionals can turn to for answers to a wide variety of questions about gifted children. **Captain Perfection and the Secret of Self-Compassion** 'An excellent and important resource for kids to protect themselves from unhealthy perfectionism' - Mary L Herzog, PhD, Psychologist 'My Child is a Perfectionist' Does your child get upset when their work isn't perfect? Are they too hard on themselves when they don't live up to their own expectations? *Captain Perfection and The Secret of Self-Compassion* is an excellent guide for children to help them manage perfectionism, boost self-esteem and build confidence. *Self Compassion & Self Esteem in Children* Self-compassion is the art of being kind to yourself and is proven to help manage perfectionism in children, channeling it in healthier ways. This self-help book inspires children to understand their perfectionism before encouraging them to build their very own 'self-compassion superpower', a valuable resource when unhealthy perfectionism hits. Self-Compassion can help them to: - recognize perfectionism when it strikes - stay calm and focused when they get frustrated - treat themselves with kindness so they can realize their potential and boost self esteem Featuring fun stories, amazing exercises, and proven techniques, *Captain Perfection and the Secret of Self-Compassion* is the best self-help book for young perfectionists! Perfect for ages 6+ **Teaching Gifted Children in Today's Preschool and Primary Classrooms Identifying, Nurturing, and Challenging Children Ages 4-9** *Free Spirit Publishing* These proven, practical early childhood teaching strategies and techniques help teachers identify young gifted children, differentiate and extend the curriculum, assess and document students' development, and build partnerships with parents. Individual chapters focus on early identification, curriculum compacting, social studies, language arts, math and science, cluster grouping, social-emotional development, and finding and supporting giftedness in diverse populations. The text includes current information on brain research and learning; rigor and complexity; and integrating creativity, the arts, and higher-level thinking in accordance with learning goals. Scenarios and vignettes take readers into teachers' classrooms. The book includes extensive references and resources to explore. Digital content includes customizable forms from the book.