



NEVER GOOD ENOUGH: How to use Perfectionism to Your Advantage Without Letting it Ruin Your Life

Monica Ramirez Basco

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- * Do you feel that no matter how hard you try it is never good enough?
- * Do you spend too much time trying to get things exactly right in order to avoid criticism?
- * Does it seem that at any minute people will find out that you are not really what you seem to be?

If you answered yes to any of these questions, you may be struggling with perfectionistic tendencies. They *can* serve a positive purpose in your life. But having extremely high standards for yourself and others can leave you feeling let down -- over and over again -- when these expectations aren't met. As psychologist and researcher Monica Ramirez Basco explains, uncontrolled perfectionism can lead to depression, anxiety, low self-esteem, fear of failure, and broken marriages and friendships.

In *Never Good Enough* Dr. Basco helps you understand *why* you feel driven to get things "just right" and shows you how to make the best of your perfectionism. Filled with practical advice, encouragement, and strategies for self-discovery, this invaluable guide includes Dr. Basco's own thirty-question self-test that will help you recognize and manage the negative side of your perfectionism. You will learn how to stop the struggle with yourself and others, how to evaluate your worth and performance in life, and how to replace the pursuit of perfection with peace of mind.

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Mia Shaw:

In this 21st centuries, people become competitive in most way. By being competitive at this point, people have do something to make all of them survives, being in the middle of often the crowded place and notice through surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yes, by reading a reserve your ability to survive boost then having chance to stand than other is high. For you who want to start reading some sort of book, we give you this kind of NEVER GOOD ENOUGH: How to use Perfectionism to Your Advantage Without Letting it Ruin Your Life book as basic and daily reading guide. Why, because this book is more than just a book.

Omar Stewart:

What is your hobby? Have you heard in which question when you got college students? We believe that that question was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person such as reading or as looking at become their hobby. You must know that reading is very important in addition to book as to be the thing. Book is important thing to add you knowledge, except your teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you take to be your object. One of them is actually NEVER GOOD ENOUGH: How to use Perfectionism to Your Advantage Without Letting it Ruin Your Life.

Chris Robins:

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