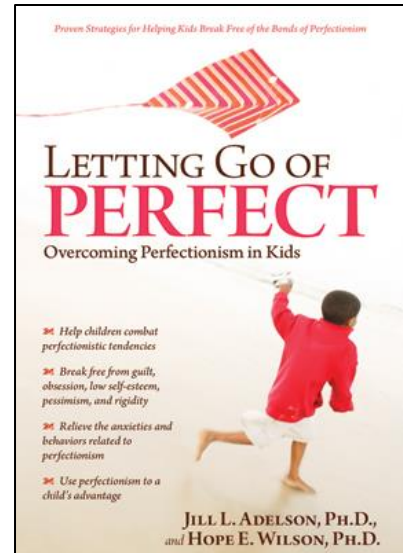


# Letting Go of Perfect: Overcoming Perfectionism in Kids

Author(s): Jill L. Andelson, PhD and Hope E. Wilson, PhD

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## Summary

*Letting Go of Perfect: Overcoming Perfectionism in Kids* pinpoints a crippling state of mentality among many kids 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 behaviours 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 behaviour 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 perfectionistic tendencies and use them to their advantage.

This engaging, practical book is a must-have for parents and teachers wanting to help children overcome perfectionism, raise self-confidence, lesson guilt, increase motivation, and offer a future free of rigidity.

## Other Resources

- *Teaching Tenacity, Resilience, and a Drive for Excellence: Lessons for Social-Emotional Learning for Grades 4–8* (PRU9279)
- *A Mindset for Success: In Your Classroom and School* (CRH6425)
- *Mindsets for Parents: Strategies to Encourage Growth Mindsets in Kids* (PRU3627)
- *Grit in the Classroom: Building Perseverance for Excellence in Today's Students* (PRU6718)