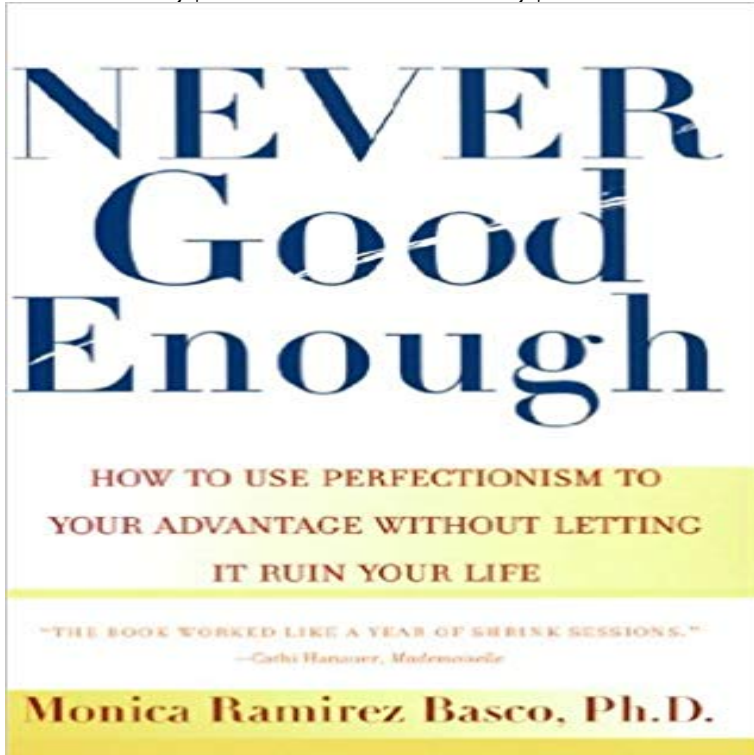


NEVER GOOD ENOUGH: How to use Perfectionism to Your Advantage Without Letting it Ruin Your Life



* 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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