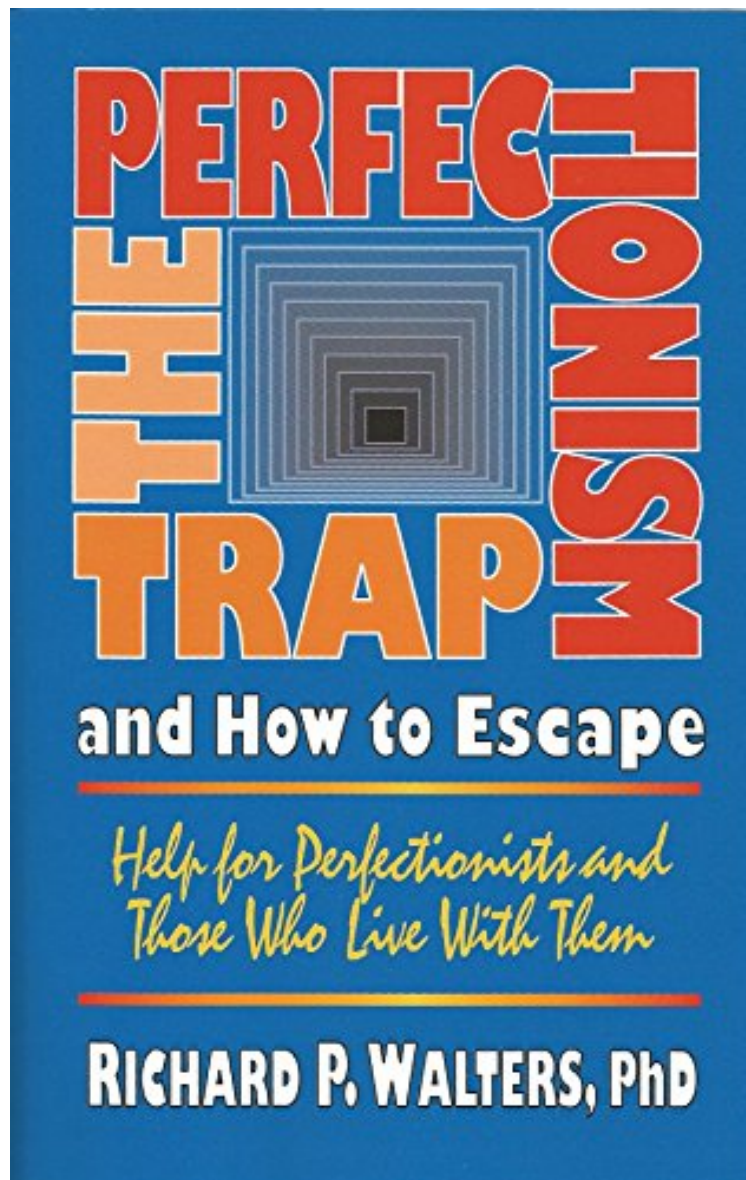


(Download) The Perfectionism Trap and How to Escape: Help for Perfectionists and Those Who Live With Them

The Perfectionism Trap and How to Escape: Help for Perfectionists and Those Who Live With Them

Richard P Walters

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Richard P Walters : The Perfectionism Trap and How to Escape: Help for Perfectionists and Those Who Live With Them before purchasing it in order to gage whether or not it would be worth my time, and all praised The Perfectionism Trap and How to Escape: Help for Perfectionists and Those Who Live With Them:

1 of 1 people found the following review helpful. Niche marketBy gtorgrun-of-the-mill advice tailored for practicing Christians only. Having a relationship with God is good (no offence to you atheists out there) but considering that perfectionists procrastinate due to paralyzing fear of failure, can you picture them having developed the most important personal relationship in and out of their lives?

Through clinical and personal research, psychologist Richard Walters (a self-described reformed perfectionist) discerns the liabilities of perfectionism in *THE PERFECTIONISM TRAP: Help for Perfectionists and Those Who Live with Them*. The book defines perfectionists as "people who believe they must think and act without flaw." Chapter One includes an inventory table for rating perfectionistic traits. It asks readers to respond to different attitude statements, such as: "successful people are more worthwhile" and "people think less of others who fail." According to Walters, perfectionists "remember the past with regret, don't enjoy the present as much as they might, and usually dread the future." Walters points out the frustration, discouragement, and self-condemnation of people having a compulsion to pursue or demand an impeccable ambition. And he evaluates the sources of perfectionism: "Bogus beliefs are the crumbling foundation stones on which the wobbly tower of perfectionistic striving is built." For perfectionists who desire freedom from their obsession, the book offers a solution, giving the steps of a systematic process in which to break free. The most important step, says Walters, is "to seek and accept God's involvement in the reconstruction and healing." *ESCAPE THE TRAP: Help for Perfectionist and Those Who Live With Them* answers questions such as: What happens to people who pursue perfectionism? How is the perfectionist different from someone who pursues excellence? How can spiritual balance be achieved in the life of a perfectionist? How is the family of a perfectionist affected emotionally? What life changes are necessary to break free from perfectionism?

About the Author Richard P. Walters, PhD, offers practical strategies for problem solving and life improvement. He brings to print the same wise counsel that proved beneficial during his many years as a counselor/psychotherapist. His books, published in eight countries, are always entertaining, present only what is known to be effective, and clearly guide the reader toward the desired outcomes.