



# Too Perfect: When Being in Control Gets Out of Control

*Jeannette Dewyze, Allan Mallinger*

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For many of us, perfectionism can bring life's most desired rewards. But when the obsessive need for perfection and control gets in the way of our professional and emotional lives, the cost becomes too high. Although many of us appear cool and confident on the outside, inside we are in emotional turmoil, trying to satisfy everyone, attempting to direct the future, and feeling that we are failing.

In **TOO PERFECT**, Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism can sap energy, complicate even the simplest decisions, and take the enjoyment out of life. For workaholics or neat freaks, for anyone who fears change or making mistakes, needs rigid rules, is excessively frugal or obstinate, **TOO PERFECT** offers revealing self-tests, fascinating case histories, and practical strategies to help us overcome obsessiveness and reclaim our right to happiness.

*From the Trade Paperback edition.*

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Too Perfect: When Being in Control Gets Out of Control can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing Too Perfect: When Being in Control Gets Out of Control however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource details that maybe you can be certainly one of it. This great information can drawn you into brand new stage of crucial thinking.

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