



# Perfectionism: Theory, Research, and Treatment

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Gordon L. Flett and Paul L. Hewitt provide an emerging picture of perfectionism that is as timely as it is important. Chapters focus on the maladaptive aspects of perfectionism and explore such questions as: How is perfectionism assessed and conceptualized? How does perfectionism develop? What is the role of emotion, stress, or depression in perfectionism? Why are perfectionists anxious? When is perfectionism irrational?

Leading scholars reveal perfectionism as a personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine the best current research with insights relevant to the treatment and origins of perfectionism.

*Perfectionism* will be a welcome resource for researchers, clinicians, counselors, and educators who encounter perfectionists in their work and all others who are interested in learning more about this challenging personality style.

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#### About the Author

Gordon L. Flett lives in Toronto, Ontario, and is affiliated with York University. Paul L. Hewitt lives in Vancouver, British Columbia, and is affiliated with the University of British Columbia.

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