

Perfectionism: Theory, Research, and Treatment

From American Psychological Association

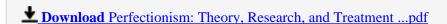


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Gordon L. Flett and Paul L. Hewitt provide an emerging picture of perfectionism that is as timely as it is important. Chapters focus on the maladaptive aspects of perfectionism and explore such questions as: How is perfectionism assessed and conceptualized? 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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Perfectionism: Theory, Research, and Treatment From American Psychological Association Bibliography

Sales Rank: #925255 in eBooks
Published on: 2002-04-15
Released on: 2013-06-17
Format: Kindle eBook



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Editorial Review

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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From reader reviews:

Debbie Luken:

Reading a reserve tends to be new life style on this era globalization. With reading through you can get a lot of information that could give you benefit in your life. Along with book everyone in this world can share their idea. Publications can also inspire a lot of people. Many author can inspire their reader with their story or their experience. Not only the storyline that share in the books. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors these days always try to improve their skill in writing, they also doing some study before they write to their book. One of them is this Perfectionism: Theory, Research, and Treatment.

Jose Jones:

The book Perfectionism: Theory, Research, and Treatment has a lot of information on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. Tom makes some research before write this book. This book very easy to read you can find the point easily after scanning this book.

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