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# Too Perfect

**Stephen Phillips, Galloway Kyle**



## **Too Perfect:**

*Too Perfect* Allan Mallinger, Jeannette Dewyze, 2011-06-29 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.

*Poetry Review* Stephen Phillips, Galloway Kyle, 1925    *The Harvard Advocate*, 1919    **Memorials of a Quiet Life** Augustus J. C. Hare, 1873    **Burns Mantle Best Plays and the Year Book of the Drama in America** Burns Mantle, John Arthur Chapman, Garrison P. Sherwood, 1928    *Antiques*, 1926    **The Saint** Stark Young, 1925 A Texas cowboy named Valdez becomes a seminarian and falls for the voluptuous Marietta who runs off with a touring vaudeville knife thrower. He ultimately decides he is better suited to the cowboy than the religious life.    **The Novels, Tales and Plays of John Galsworthy: Plays** John Galsworthy, 1924    *Munsey's Magazine*, 1917    *Munsey's Magazine for ...*, 1922    **As Wild Birds Sing** Mary Randall Shippey, 1904    *Byzantine Portraits* Charles Diehl, 1927    **Avatar** Théophile Gautier, 1905    *The first part of Henry the fourth*, ed. by F.W. Moorman William Shakespeare, 1904    **The Foot of the Cross, Or, The Sorrows of Mary** Frederick William Faber, 1886    *How to Know the Ferns* Frances Theodora Parsons, 1902    **Proceedings of the International Congress of Education of the World's Columbian Exposition, Chicago, July 25-28, 1893** International Congress of Education, 1895    **The Works of Théophile Gautier: Avatar. Jetteratura. The water pavilion. A history of romanticism. The progress of French poetry** Théophile Gautier, 1902    *The Art Workers' Quarterly*, 1903    **The Complete Works of Nathaniel Hawthorne** Nathaniel Hawthorne, 1889

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