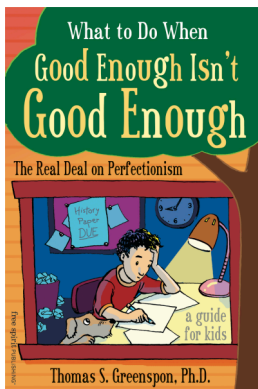




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WHAT TO DO WHEN GOOD ENOUGH ISN'T GOOD ENOUGH: THE REAL DEAL ON PERFECTIONISM

by

Thomas S. Greenspon, Ph.D.
Ages 9–13

Most children don't know what perfectionism is, but many suffer from it. This book helps kids understand what perfectionism is, how it hurts them, and what they can do to free themselves from its clutches.

Help Kids Shake Off the Burden of Perfectionism

Minneapolis, MN—Are you afraid to try something new because you might not be good at it? Are you afraid to speak up because you might say something stupid? Do you get really upset when people criticize you? Everyone feels unsure of themselves sometimes. If you feel that way a lot, you may be struggling with perfectionism. Free Spirit Publishing's new book can help.

WHAT TO DO WHEN GOOD ENOUGH ISN'T GOOD ENOUGH: THE REAL DEAL ON PERFECTIONISM (\$9.95, Free Spirit Publishing) by Thomas S. Greenspon, Ph.D., is for kids ages 9–13 who feel haunted by the “A-” they earned on an assignment—when they feel they should have earned an “A.” It's for the young people who research thoroughly for a history paper but cannot bring themselves to begin the assignment, convinced they have missed some key information in their preparations. And it's for the children who prefer to work alone on a project instead of in a group, because they cannot control the end product—and they don't want others to benefit from *their* good grade.

Perfectionism is not about trying to do well or having high standards. In fact, perfectionism can impede your ability to excel, because for young people struggling with the fear of failure, it can seem impossible to even begin a task, much less complete it to their satisfaction. According to Dr. Greenspon, a licensed psychologist and family therapist and also author of **FREEING OUR FAMILIES FROM PERFECTIONISM** (Free Spirit Publishing, 2002), “Writer Anna Quindlen describes perfectionism as wearing a backpack full of bricks all the time. Some people have had it on so long, they don't even realize how much it's pulling them down. Even if they are aware of it, they might think that's just how life is, and there's nothing they can do. But there *are* things you can do to lighten the load and enjoy yourself more. This book can show you how.”

WHAT TO DO WHEN GOOD ENOUGH ISN'T GOOD ENOUGH will help kids and parents:

- Recognize never-good-enough feelings and put a stop to them
- Tell the difference between striving for excellence and laboring under perfectionism
- Learn techniques to lighten the load
- Think differently about what they are capable of
- Seek help from family and trusted adults to assist you in conquering perfectionism

In addition to compassionate, empathetic guidance for kids, **WHAT TO DO WHEN GOOD ENOUGH ISN'T GOOD ENOUGH** also includes information for parents and other caring adults: understanding how and why children develop this self-view, how to talk with and encourage your child, mental health issues that sometimes accompany perfectionism, and how to go about seeking professional help when necessary.

—more—

For
Immediate
Release!

Dr. Greenspon offers hope for parents as well as kids when he says, "As your child's parent, or as an adult who is close to the child in question, you have the power to change things for the better. Working together with your child will strengthen the bonds between you, and it will lay the groundwork for freeing your child, and perhaps yourself, from perfectionism. Best wishes on the journey!" If you believe your child could be a perfectionist, neither of you have to live with the "backpack full of bricks" that comes with it. **WHAT TO DO WHEN GOOD ENOUGH ISN'T GOOD ENOUGH** offers help and hope.

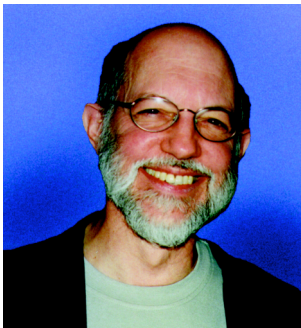
Excerpts and interviews are available through Free Spirit Publishing.
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THE REAL DEAL ON PERFECTIONISM**

by Thomas S. Greenspon, Ph.D.

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● for ages 9–13



About the Author

Thomas S. Greenspon, Ph.D., author of **FREEING OUR FAMILIES FROM PERFECTIONISM**, is a licensed psychologist and licensed marriage and family therapist with a B.A. from Yale and a Ph.D. in psychology from the University of Illinois. A former faculty member of the Medical Center at the University of Alabama in Birmingham, he has been in private practice for over 30 years. He has authored a monograph on adolescent-adult relationships for the Unitarian Universalist Association and published numerous articles about perfectionism and the self-experience of gifted individuals. He has served on the Minnesota State Advisory Committee for Gifted and is a frequent national presenter.



About Free Spirit Publishing (www.freespirit.com)

Helping kids help themselves™ since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social and emotional health. Free Spirit's mission is to help children and teens to think for themselves, succeed in life, and make a difference in the world.