



Photo Credit: hue-12 photography

Adelson, J., Wilson, H. (2009) LETTING GO OF PERFECT: Overcoming Perfectionism in Kids and Teens

Adderholt, M., Goldberg, J. (1992) PERFECTIONISM: What's Bad About Being Too Good

Antony, M., Swinson, P. (2009) WHEN PERFECT ISN'T GOOD ENOUGH: Strategies for Coping with Perfectionism

Burka, J., Yuen, L. (2008) PROCRASTINATION

Burns, E.F. (2008) NOBODY'S PERFECT: A Story for Children About Perfectionism

Foster, J. (2015) NOT NOW, MAYBE LATER

Greenspan, T. (2001) FREEING OUR FAMILIES FROM PERFECTIONISM

Mallinger, A., (2009) THE MYTH OF PERFECTION: Perfectionism in the Obsessive Personality. American Journal of Psychotherapy, 63 (2)

Martin, S. (2019) THE CBT WORKBOOK OF PERFECTIONISM

Maupin, K. (2014) CHEATING, DISHONESTY, and MANIPULATION: Why Bright Kids Do It

Shafran, R., Egan, S., Wade, T. (2016) COGNITIVE BEHAVIORAL TREATMENT of PERFECTIONISM: A Clinician's Guide

Shafran, R., Egan, S., Wade, T. (2010). OVERCOMING PERFECTIONISM: A Self-Help Guide Using Cognitive Behavioral Techniques

Smith, A. (2013) OVERCOMING PERFECTIONISM: Finding the Key to Balance and Self-Acceptance

Van Gemert, L. (2019) PERFECTIONISM: A Practical Guide to Managing “Never Good Enough”