



La obsesion del perfeccionismo / The Obsession of Perfectionism (Spanish Edition)

Allan E. Mallinger, Jeannette De Wyze

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La tendencia hacia el perfeccionismo es uno de los rasgos distintivos de las personalidades que, intentando salvaguardar una apariencia de equilibrio y autoconfianza, ocultan la angustia, el sufrimiento y la confusión más desesperantes. O, lo que es lo mismo, una serie de perturbaciones psicológicas nacidas de la necesidad de ejercer el control sobre todas las cosas, como por ejemplo: - El miedo a cometer errores o tomar una decisión equivocada. - La obsesión por el orden o la rutina firmemente establecida. - La reserva emocional. - La tendencia a la obstinación. - El sometimiento a las preocupaciones y las dudas. Las posibles recompensas de todo esto -seguridad económica, éxito, respeto de colegas y amigos- puede que resulten atractivas, pero decididamente tienen un precio: la pérdida de la intimidad, la autenticidad emocional y la autoestima. El presente libro demuestra, sin embargo, que el cambio es posible, y brinda comprensión y esperanza para quienes están aprisionados en las garras del perfeccionismo obsesivo, así como para sus familiares y seres queridos.

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