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Against Perfectionism Steven Lecce, 2008-01-01 Against Perfectionism defends neutralist liberalism as the most appropriate political morality for democratic societies [A Perfectionist Theory of Justice](#) Collis Tahzib, 2022 This book makes a significant contribution to one of the most persistent debates in contemporary political philosophy that between liberals and perfectionists

Perfectionism Thomas Hurka Professor of Philosophy University of Calgary, 1993-04-29 Perfectionism is one of the great moralities of the Western tradition It holds that certain states of humans such as knowledge achievement and friendship are good apart from any pleasure they may bring and that the morally right act is always the one that most promotes these states Defined more narrowly perfectionism identifies the human good by reference to human nature if knowledge and achievement are good it is because they realize aspects of human nature This book gives an account of perfectionism first in the narrower sense analyzing its central concepts and defending a theory of human nature in which rationality plays a central role It then uses this theory to construct an elaborate account of the intrinsic value of beliefs and actions that embody rationality and applies this account to political questions about liberty and equality The book attempts to formulate the most defensible version of perfectionism using contemporary analytic techniques It aims both to regain for perfectionism a central place in contemporary moral debate and to shed light on the writings of classical perfectionists such as Aristotle Aquinas Hegel Marx Nietzsche and T H Green

Towards a Complex Perfectionism Peter Scheers, 2005 This book examines the content of a complex perfective anthropology beyond absolute abstract negative and minimalist readings A rich sense of perfection is here to stay because of the ineradicable existential role of gradational estimation in terms of better and worse The first section focuses on the connection between hermeneutics and perfectionism The author claims that a hermeneutical conception of interpretation unavoidably implies a perfective scheme of better and worse and that a contemporary perfectionism should be based exactly on a hermeneutical theory of interpretation The second section introduces a differentiated language of perfection as positive The author argues that we need a plurivocal list of kinds and levels of perfection as to be able to reach a higher sense of estimation Human appraisal itself so it turns out can be undertaken in better and worse ways The third section consolidates and extends the idea of a perfective anthropology Here we are brought to a consideration of ourselves as organisms of a certain kind of the personalised aspects of the human quest for perfection of perfective experience in the context of concrete practices and of the possibility of future perfection The book ends with a chapter on environmental perfectionism arguing that a benign human interpretation of non human nature should include a careful application of the perfective concept of a life story to the realm of plants and animals This application is meant to underscore the moral insight that we are not the only heroes of perfective being

Perfectionism, Health, and Well-Being Fuschia M. Sirois, Danielle S. Molnar, 2015-09-14 This book brings together the world's leading perfectionism researchers and theorists to present their latest findings and ideas on how and why perfectionism may confer risks or

benefits for health and well being as well as the contexts which may shape these relationships In addition to providing an overview of the latest research in this field this volume explores new conceptual models that may help further our understanding of when how and why perfectionism may be implicated in health and well being After presenting an overview of the conceptual and measurement issues surrounding the concepts of perfectionism health and well being three sections address the implications of perfectionism for health and well being The first of these sections provides an overview of research and theory on the role of perfectionism in health and illness health behaviors and chronic illness The next section of the book focuses on the cognitive and affective underpinnings of perfectionism as they relate to psychopathology distress and well being including how it applies to eating disorders depression and anxiety The final section of the book explores specific contexts and how they may contour the associations of perfectionism with health and well being such as in the domains of interpersonal relationships academic pursuits and work related settings Perfectionism and wellbeing is a topic not just for researchers and scholars but clinicians and practitioners as well For this reason chapters also include a discussion of prevention and treatment issues surrounding perfectionism where relevant By doing so this volume is an important resource for not only researchers but also for those who may wish to use it in applied and clinical settings By presenting the latest theory and research on perfectionism health and well being with a translational focus *Perfectionism Health and Well Being* makes a unique and significant contribution to perfectionism as well as general wellness literature and highlights the need to address the burden of perfectionism for health and well being *Voices of Perfectionism* Patricia Ann Schuler, 1999

Investigates the characteristics of perfectionistic gifted adolescents in a rural middle school how they perceived their perfectionism the influences on their perfectionism the consequences of their perfectionistic behaviors in the context of their rural middle school experiences Qualitative quantitative methods of data collection were employed to gather data from 20 gifted adolescents identified as having perfectionistic tendencies Semi structured interviews record document review self report teacher survey participant observation were used to identify factors that may influence the perceptions behaviors of this population Perfectionism Paul L. Hewitt, Gordon L. Flett, Samuel F. Mikail, 2017-03-29 Grounded in decades of influential research this book thoroughly examines perfectionism how it develops its underlying mechanisms and psychological costs and how to target it effectively in psychotherapy The authors describe how perfectionistic tendencies rooted in early relational and developmental experiences make people vulnerable to a wide range of clinical problems They present an integrative treatment approach and demonstrate ways to tailor interventions to the needs of individual clients A group treatment model is also detailed State of the art assessment tools are discussed and provided at the companion website Throughout the book vivid clinical illustrations make the core ideas and techniques concrete Perfectionism and Neutrality George Klosko, Steven Wall, 2004-09-01 Over the past twenty years the debate between neutrality and perfectionism has been at the center of political philosophy Now *Perfectionism and Neutrality Essays in Liberal Theory*

brings together classic papers and new ideas on both sides of the discussion Editors George Klosko and Steven Wall provide a substantive introduction to the history and theories of perfectionism and neutrality expertly contextualizing the essays and making the collection accessible to everyone interested in the interaction between morals and the state **Perfectionism ,**

Liberalism Without Perfection Jonathan Quong,2011 Liberalism without Perfection offers an introduction to the debate between liberal perfectionism and political liberalism This book is a new account and defence of Rawlsian political liberalism one of the most discussed but widely misunderstood and criticized theories in contemporary political theory

The Psychology of Perfectionism in Sport, Dance and Exercise Andrew P. Hill,2016-05-20 Perfectionism has been found to play an important yet complex role in sport dance and exercise This collection provides a comprehensive and up to date account of theory measurement research findings and practitioner issues associated with perfectionism providing readers with insights into both its benefits and its costs The book features contributions from many of the leading researchers in the field and also includes recommendations from experienced practitioners and clinicians on how best to work with perfectionists This book will provide students and researchers in sport and exercise psychology as well as coaches and instructors in sport dance and exercise with an invaluable resource to guide their research and practice

Cognitive-Behavioral Treatment of Perfectionism Sarah J. Egan,Tracey D. Wade,Roz Shafran,Martin M. Antony,2016-06-29 This practical resource provides an evidence based framework for treating clients struggling with perfectionism whether as the main presenting problem or in conjunction with depression eating disorders anxiety disorders or obsessive compulsive disorder Using a case formulation approach the authors draw on their extensive cognitive behavioral therapy CBT experience to present specific techniques and interventions Coverage spans treatment planning the therapeutic alliance key obstacles that may arise relapse prevention and emerging research Reproducible assessment scales and 36 patient handouts are included purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1 2 x 11 size [The Perfectionist's Handbook](#) Jeff Szymanski,2011-08-15 A guide for getting your perfectionism to work for you Is perfectionism a good thing or does it get in our way In The Perfectionist s Handbook clinical psychologist Jeff Szymanski helps readers navigate their way out of the perfectionism paradox if your intentions are good wanting to excel and the outcomes you want are reasonable to feel competent and satisfied why would perfectionism backfire and result in unhappiness and stress Learn when perfectionism will pay off and when and why it sabotages you Specific strategies are outlined throughout the book to help readers transform their perfectionism from a liability to an asset There is no reason to eliminate perfectionism altogether instead build on what s working and change what s not The Perfectionist s Handbook helps readers to Distinguish between intention and strategy as a way of improving outcomes Identify diminishing returns and how to redistribute time and resources Make the most of mistakes rather than being preoccupied with trying to avoid them Learn to focus on your Top 10 list as a way of getting the most out of your life Access others more effectively as a

way of improving performance Obtain more balance in their lives The Perfection Trap Lucas Davenport,2024-12-28
Escape the Chains of Perfectionism Are you trapped in the endless pursuit of flawlessness feeling the weight of never being good enough Discover the liberating journey that awaits in The Perfection Trap Breaking Free from Unrealistic Expectations This eye opening exploration offers a refreshing perspective on breaking the relentless cycle of perfectionism and embracing the beautiful reality of imperfection Delve into the roots of perfectionism as you uncover the inner forces driving this unyielding quest From childhood influences to societal pressures understand how these elements shape your ideals and impact your personal and professional life With insights into perfectionism s psychological and physical toll you ll gain clarity on how it affects your well being and relationships The Perfection Trap empowers you with practical strategies for transformation Learn to let go of the illusion of control and embrace the comfort of uncertainty Through chapters dedicated to self compassion vulnerability and authentic living you ll find the tools necessary to redefine success and develop a resilient mindset Discover cognitive behavioral techniques and mindfulness practices that anchor you in the present away from the paralyzing fear of failure Begin your path to fulfillment by embracing your authentic self Build supportive relationships unlock your creative potential and redefine productivity with joy This book encourages you to celebrate small wins and savor the freedom in being good enough You ll learn to prioritize self care cultivate a growth oriented support system and ultimately find joy in imperfection Your transformation from perfectionist to a person of authenticity and self acceptance begins now Dive into this insightful guide and embrace the freedom of living beyond the constraints of perfectionism Step forward into a future where true happiness and authenticity await **Oxford Studies in Political Philosophy Volume 7**

David Sobel,Peter Vallentyne,Steven Wall,2021 This is the seventh volume of Oxford Studies in Political Philosophy The series aims to publish some of the best contemporary work in the vibrant field of political philosophy and its closely related subfields including jurisprudence normative economics political theory in political science departments and just war theory

The Perfectionist's Dilemma Tara Cousineau,2025-01-07 A brilliant book a must read for the frazzled perfectionist Thomas Curran PhD leading perfectionism researcher and author of The Perfection Trap Break free of toxic perfectionism by cultivating emotional courage and self compassion to face life s challenges with a 6 step program In today s high pressure society we are constantly fed a fable of individualism exceptionalism determination and ingenuity and taught a mythology of grin and bear it no pain no gain and hard work pays off despite the fact that the conditions for success are unpredictable and ever changing Psychologist Tara Cousineau claims that perfectionism is a paradox it is the tension created by the need for belonging a desire for excellence and a quest for a meaningful and productive life But perfectionism can be transformed by learning to connect both head and heart replacing inner algorithms of comparison and criticism with self acceptance and self compassion In The Perfectionist s Dilemma Cousineau introduces an innovative six step solution based on the acronym EVOLVE Embody the present moment Validate your experience Open your heart Love your inner critic Make a Vow Spark

the Energy of excellence EVOLVE helps readers overcome perfectionism and cultivate three essential resources inner worth inner humanity and inner leadership Through storytelling and anecdotes from recovering perfectionists who have participated in Cousineau s workshops readers can learn to align mind body heart and spirit to become happy achievers

Liberal Perfectionism Alexandra Couto,2014-08-19 Much of the recent literature on political perfectionism has focused on dealing with objections to this view This book adopts a different approach It attempts to highlight the intuitive appeal of liberal perfectionism by presenting a positive prima facie argument in its favour The book starts by clarifying the relation between political perfectionism a conception of politics and prudential perfectionism and ethical perfectionism a conception of the good life and a type of ethical theory It is crucial to start by selecting a plausible form of ethical perfectionism as it makes an important difference to the plausibility of the political conception based upon it Once appropriate distinctions are drawn and a plausible form of liberal perfectionism is endorsed many of the standard objections to perfectionism are shown to fail to reach their target Different arguments in favour of liberal perfectionism are then proposed and critically examined but the resilience of some pragmatic arguments against liberal perfectionism is conceded The book ends by showing that perfectionism can be surprisingly relevant for discussions of social justice and proceeds to draw a sketch of the perfectionist implications for questions of distributive justice *Cognitive Approaches to Obsessions and Compulsions* Randy O.

Frost,Gail Steketee,2002-05-31 This volume assembles nearly all of the major investigators responsible for the development of cognitive therapy and theory for obsessive compulsive disorder OCD as well as other major researchers in the field to write about cognitive phenomenology assessment treatment and theory related to OCD **New Advances in Grit**

Research: A Multidisciplinary Perspective Song Wang,Jiang Jiang,Xin Tang,2022-09-20 **Advances in Motivation in Sport and Exercise** Glyn C. Roberts,Darren Treasure,2012-01-19 **Advances in Motivation in Sport and Exercise** Third Edition presents the most current information in sport and exercise motivation including discussion of new research surrounding self determination theory and goal achievement theory traditional topics of goal setting and self efficacy and newer areas of attention such as passion and perfectionism Readers not only will gain knowledge in one of the leading areas of sport psychology research but also learn how the research can inform their current practice In this third edition editors Glyn Roberts and Darren Treasure along with a highly respected team of contributors offer sport and exercise psychology researchers and students the most up to date review of the state of research in motivation As in previous editions the text chronicles the growth of motivation research and its role in physical activity exercise and sport The star team of contributors offers thoughtful discussion of key issues and findings for readers to consider and insight into both the conceptual understanding of motivation and its application **Advances in Motivation in Sport and Exercise** Third Edition begins by introducing readers to new trends and interpretations in motivational theory Each chapter of the text discusses a unique motivational theory and its contemporary contribution to the field of knowledge Whether research or practically inclined

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