



The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children

Elisabeth Guthrie, Kathy Matthews

Download now

[Click here](#) if your download doesn't start automatically

The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children

Elisabeth Guthrie, Kathy Matthews

The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children Elisabeth Guthrie, Kathy Matthews

As competitive parenting has been on the rise since the 1980s, so have rates of teen suicide, eating disorders, depression, and drug use. Yet the cycle of "push parenting" doesn't show signs of slowing down. Our children today are competing with classmates who began listening to Mozart in utero and were enrolled in educational classes at ages two and three. Under these circumstances, parents feel that they cannot afford to opt out, or let their children opt out. *What might become of them if they did?*

Alarmed by the high numbers of unmotivated, burned-out youngsters seeking her psychiatric treatment, Dr. Elisabeth Guthrie set out to uncover not just the sources of their distress but also the factors that drive parents to pressure their children. Dr. Guthrie explores our confounding culture of overachievement and takes a sympathetic look at the pervasive guilt that accompanies raising children today.

Drawing on more than fifteen years of clinical experience, Dr. Guthrie outlines why the very intentions behind competitive parenting actually produce the opposite of the desired effect. For the parent who expects a barely potty-trained toddler to begin learning a second language or a first grader to excel at a nightly battery of extracurricular activities, **The Trouble with Perfect** presents evidence that placing unreasonable expectations on children can actually deter their chances for success later in life. Such pressure can snuff out crucial qualities such as curiosity, spontaneity, and resourcefulness. When children are pushed, the message parents send to them on a daily basis is that they are not capable of making responsible choices by themselves, that appearances are more important than authenticity, that it is less important for them to own their experiences than to hold a significant title. Helping parents discover the fine line between good parenting and pressure parenting, Dr. Guthrie also cites clear ways to address the guilt and societal issues that define the average child (by definition the majority!) as "less-than-perfect" or a "loser." With tips for enhancing the development of every child's unique set of talents, the book is a vital reality check for anyone concerned about what's really best for kids.

 [Download The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children.pdf](#)

 [Read Online The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children.pdf](#)

Download and Read Free Online The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children Elisabeth Guthrie, Kathy Matthews

From reader reviews:

Melba More:

Book will be written, printed, or descriptive for everything. You can recognize everything you want by a book. Book has a different type. To be sure that book is important thing to bring us around the world. Beside that you can your reading expertise was fluently. A publication The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children will make you to be smarter. You can feel far more confidence if you can know about anything. But some of you think that open or reading the book make you bored. It isn't make you fun. Why they may be thought like that? Have you seeking best book or suited book with you?

Harry Keller:

Do you one of people who can't read pleasant if the sentence chained from the straightway, hold on guys this kind of aren't like that. This The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children book is readable by you who hate the straight word style. You will find the info here are arrange for enjoyable studying experience without leaving even decrease the knowledge that want to offer to you. The writer associated with The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children content conveys thinking easily to understand by a lot of people. The printed and e-book are not different in the information but it just different by means of it. So , do you still thinking The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children is not loveable to be your top checklist reading book?

Lyla Jackson:

Are you kind of active person, only have 10 as well as 15 minute in your moment to upgrading your mind proficiency or thinking skill even analytical thinking? Then you are receiving problem with the book when compared with can satisfy your small amount of time to read it because pretty much everything time you only find publication that need more time to be study. The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children can be your answer mainly because it can be read by a person who have those short free time problems.

Ruth Ford:

That book can make you to feel relax. This particular book The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children was colorful and of course has pictures on the website. As we know that book The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children has many kinds or genre. Start from kids until teens. For example Naruto or Private eye Conan you can read and believe you are the character on there. Therefore not at all of book usually are make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book for you and try to like reading that will.

**Download and Read Online The Trouble With Perfect: How
Parents Can Avoid the Over-Achievement Trap and Still Raise
Successful Children Elisabeth Guthrie, Kathy Matthews
#1BLRPXFE9HW**

Read The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews for online ebook

The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews books to read online.

Online The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews ebook PDF download

The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews Doc

The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews MobiPocket

The Trouble With Perfect: How Parents Can Avoid the Over-Achievement Trap and Still Raise Successful Children by Elisabeth Guthrie, Kathy Matthews EPub