

Napomene

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- 10 Ovo je neformalna, prilagođena verzija Polove i Gordove Skale višedimenzionalnog perfekcionizma. Za razliku od samog strogo validiranog instrumenta, ove stavke nisu naučno potkrepljene i svrha im je ilustrativna.

3. Ono što te ne ubije

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4. Započeo sam nešto što nisam mogao da završim

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6. Neki perfekcionista su veći od drugih

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- perfekcionizam. Zaista, u izveštajima o slučajevima i na preko stotine kliničkih studija, perfekcionizam je dobro dokumentovan mehanizam za suočavanje sa zlostavljanjem. Nisam klinički psiholog pa ne mogu da pričam o tim stvarima sa autoritetom. Niti bih, iskreno, trebalo da pokušavam. Ova knjiga baca svetlo na perfekcionizam kao kulturni fenomen, što će reći na perfekcionizam koji pogađa sve u celini. Čitaoci zainteresovani za ranu traumu i perfekcionizam mogu da pogledaju odlične knjige: *Overcoming Perfectionism*, Ann W. Smith (1990), i *Perfectionism: A relational approach*, Paul Hewitt, Gordon Flett & Samuel Mikail (2017).
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8. Šta je kačila na mrežu

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9. Samo to još niste zaslužili

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izbegao taj obrazac kolapsa. I umesto da to vidimo kao egzistencijalnu krizu, mogli bismo na to da gledamo kao na priliku da preispitamo svoje prioritete i umesto toga izbalansiramo ekonomiju.

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