

Self-Help for Perfectionism (Click icons to link to resources)



[The Gifts of Imperfection](#). Author: Brene Brown.



[Self-Compassion](#). Author: Kristin Neff

KEY



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Book



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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.