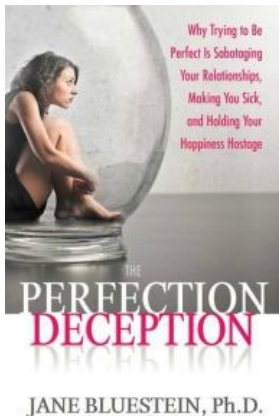


Making and Breaking | Self-Help Reviews

By [Deborah Bigelow](#) on September 15, 2015 [Leave a Comment](#)

Making and Breaking is a pertinent theme for this month's column. The titles go from connecting with nature and other people to cutting the ties that bind to exploring New Age philosophies and the lost art of grace. In between they explore perfectionism, crazy people, media-driven children, and unrealistic demands. Two books cover close-of-life matters in affirmative yet realistic ways. All in all, the highlighted authors offer advice for the whole spectrum of life.

Bluestein, Jane. *The Perfection Deception: Why Trying To Be Perfect Is Sabotaging Your Relationships, Making You Sick, and Holding Your Happiness Hostage*. HCI. 2015. 312p. bibliog. ISBN 9780757318252. pap. \$15.95; ebk. ISBN 9780757318269. SELF-HELP



According to educator and author Bluestein (*Creating Emotionally Safe Schools*), striving for excellence and striving for perfection are two very different animals. While the former means dedicating oneself to doing one's best, the latter involves being motivated by something artificial and unrealistic. When an individual's goals are set by the media, for example, he or she can't win. To combat this, Bluestein recommends becoming aware, finding one's authentic self, and setting achievable goals. VERDICT An excellent and full description of the problems of perfectionism that helps readers alter their self-conceptions.