

Perfectionism/Obsessive-Compulsive Tendencies

- **Antony, M.M. & Swinson, R.P. (1998).** *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism.* **New Harbinger.**
- **Goulding, M.M., & Goulding, R.L. (1989).** *Not to Worry! How to Free Yourself from Unnecessary Anxiety and Channel Your Worries Into Positive Action.* **New York: William Morrow.**
- **Mantell, M.R. (1996).** *Don't Sweat the Small Stuff—and it's all small stuff!* **Hyperion Books.**