

If so, a lot likely goes well in your life: You might earn compliments, admiration, or accomplishments. Your high standards and hard work pay off.

But privately, you may feel like you're falling behind, faking it, or different from everybody else. Your eagle-eyed inner quality control inspector highlights every mistake. You try hard to avoid criticism but criticize yourself. Getting it right is your guiding light, but it has lit the way to a place of dissatisfaction, loneliness, or disconnection. You may look like you're hitting it out of the park, but you feel like you're striking out.

This is perfectionism. And for everyone who struggles with it, it's a misnomer: Perfectionism isn't about striving to be perfect. It's about never feeling good enough.

Dr. Ellen Hendriksen is on the same journey as you. In *How to Be Enough*, Hendriksen charts a flexible, forgiving, and freeing path, all without giving up the excellence your high standards and hard work have gotten you. She delivers seven shifts—including from selfcriticism to kindness, control to authenticity, procrastination to productivity, comparison to contentment—to find self-acceptance, rewrite the Inner Rulebook, and, most of all, cultivate the authentic human connections we're all craving.

With compassion and humor, Hendriksen lays out a clear, effective, and empowering guide: to enjoy rather than improve, be real rather than impressive, and be good to yourself when you're wired to be hard on yourself.

ELLEN HENDRIKSEN, Ph.D., is a clinical psychologist at Boston University's Center for Anxiety and Related Disorders. She is the author of *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety*. Her work has been featured in *The New York Times*, *The Washington Post*, *BBC News*, *New York*, *The Guardian*, *Harvard Business Review*, *Scientific American*, and *Psychology Today*, among others. She lives in the Boston area with her family.

READ BY THE AUTHOR



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The Playaway format is recommended for children ages 5 and up.



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HOW TO BE ENOUGH



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