



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

	<u>The Gifts of Imperfection</u> . Author: Brene Brown.
	<u>Self-Compassion</u> . Author: Kristin Neff

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



STEVENS
INSTITUTE *of* TECHNOLOGY
THE INNOVATION UNIVERSITY®

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