



Too Perfect

By Trudy Ludwig

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Too Perfect By Trudy Ludwig

Maisie thinks Kayla is perfect. She's pretty and thin, has cool clothes, gets good grades, and she's a star on the soccer field. But is Kayla happy? The more Maisie gets to know Kayla, the more she begins to question whether being perfect is really so wonderful. In *Too Perfect*, acclaimed speaker and child advocate Trudy Ludwig explores the relentless and destructive drive for perfection, and the freedom that comes from accepting one's self.

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Editorial Review

Review

“My Secret Bully provides an important resource to help parents.” –Rachel Simmons, author of *Odd Girl Out*

“[In Just Kidding] Trudy Ludwig has not only captured the heart of boy taunting, but also the best solutions.” –Susan Wellman, founder of The Ophelia Project

“Sorry! helps parents and educators teach children the magic transformative power of apology.” –Aaron Lazare, MD, author of *On Apology*

“[Trouble Talk] would be well used by school counselors or social workers to interface with a child who’s exhibiting or harmed by ‘trouble talk.’” –School Library Journal

“Too Perfect sets the stage for meaningful discussions about being yourself and working to your potential, not to perfection. In our extremely competitive society, I highly recommend this book for kids and parents!” –Barbara Z. Carlson, cofounder of Putting Family First and coauthor of *Putting Family First: Successful Strategies for Reclaiming Family Life in a Hurry-up World*

“Too Perfect is a much-needed primer for our children (not to mention, the children inside all of us) on why perfection is unhealthy, unproductive, and plain old unfun.” –Courtney E. Martin, author of *Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body*

“With Too Perfect, Trudy Ludwig has hit the mark on the pitfalls of perfectionism—and shows children and their parents that we are all ‘perfect’ just the way we are.” –Jill Zimmerman Rutledge, MSW, LCSW, author of *Picture Perfect: What You Need to Feel Better About Your Body*

“Perfectionism isn’t a disease to be conquered; it is a self-esteem issue in need of healing. Too Perfect shows us how we might begin to do just that.” –Thomas S. Greenspon, PhD, author of *Freeing Our Families From Perfectionism and What to Do When Good Enough Isn’t Good Enough: A Guide for Kids*

From the Publisher

* Afterword by Thomas S. Greenspon, PhD, author of *Freeing Our Families From Perfectionism and What to Do When Good Enough Isn’t Good Enough: A Guide for Kids*.

About the Author

TRUDY LUDWIG is a nationally acclaimed speaker and an award-winning author who specializes in writing children's books that help kids cope with and thrive in their social world, including *The Invisible Boy* and *My Secret Bully*. She has received rave reviews from educators, experts, organizations, and parents at schools and conferences around the US for her passion and compassion in addressing peer aggression and friendship issues. An active member of the International Bullying Prevention Association, Trudy also collaborates with organizations like the Committee for Children and ConnectSafely.org, and has served as content advisor for Sesame Street Workshop. Trudy's books have won the Mom's Choice Gold Award, the IBPA Gold Benjamin Franklin Award, and the NAPPA Gold Medal, and also been recognized as NCSS-CBC Notable Social Studies Books for Young People.

LISA FIELDS is an illustrator based out of Katonah, New York, a small hamlet north of New York City where she grew up. She received her BFA in Illustration from the Ringling School of Art and Design in Sarasota, Florida, and attended The Illustration Academy. This is her second book for children.

Users Review

From reader reviews:

Herbert Turley:

Now a day people who Living in the era exactly where everything reachable by connect to the internet and the resources included can be true or not need people to be aware of each details they get. How people have to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Reading a book can help individuals out of this uncertainty Information specifically this Too Perfect book as this book offers you rich data and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it everbody knows.

Betty Johnston:

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Magdalena McKinney:

People live in this new morning of lifestyle always aim to and must have the free time or they will get wide range of stress from both way of life and work. So , once we ask do people have spare time, we will say absolutely without a doubt. People is human not a robot. Then we ask again, what kind of activity do you possess when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read is actually Too Perfect.

Raymond Dixon:

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