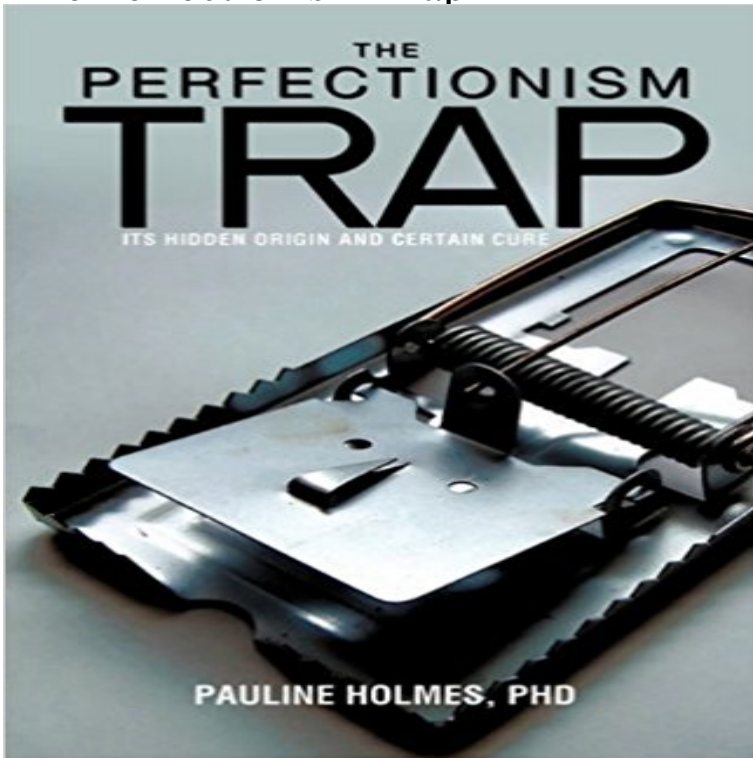


The Perfectionism Trap



Why do I feel I must be perfect? This book offers a truly biblical understanding of perfectionism, looking at its hidden-and truly horrifying-origin, and its certain cure: the gospel. Pauline Holmes is a British born psychologist who uses her knowledge of the human psyche to spread the gospel. In 1992 she and her husband, Walter, began Grace and Sanity Ministries, a non-profit organization which broadcasts radio programs and publishes evangelism books. Paulines previous publications are Hell and Madness: the true biblical basis for mental health and Grace in the Law: on re-attaching the head to the body. Much of what Pauline and Walter have written and recorded can be found on the website: www.graceandsanity.org. Pauline, Walter and their two dogs live in California. Pauline has two adult children and two grandchildren.

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