

This is a handbook, a guide, to a little recognised and often very painful problem. The distress is usually well hidden, both by the people who suffer from the disorder and by those closest to them.

We probably all recognise it when we see it. It's often given nasty labels.

**Anal-retentive. Barrack-room lawyer.
Bossy boots. Control freak. Holier-than-thou.
Know-all. Penny-pinching. Perfectionist.
Pig headed. Possessive. Scrooge.
Smarty pants. Toady. Tyrant.**

This guide to Obsessive-Compulsive Personality Disorder is for people who think they might suffer from it, and those who need to understand it. Since it may run in families, knowing about it could be important or at least useful for:

**Husbands, wives, partners.
Parents.
Best mates. Lovers.
Bosses, subordinates.
Doctors, teachers, lawyers.**

The author offers an alternative to the confusing term 'Obsessive-Compulsive Personality Disorder' (OCPD) – **Tightrope Walking**. This is because sufferers tread a fine line between what's 'perfect' or 'right' on the one hand, and their fear of making mistakes (or having to watch while others make them).

OCPD is often confused with OCD, the Obsessive-Compulsive Disorder, popularly known as the 'hand-washing' problem. OCD sufferers know something is wrong while Tightrope Walkers don't.

This guide includes questionnaires and suggestions for reading, as well as many descriptions of the disorder based on statements by family and by Tightrope Walkers themselves. They're sad reading, but Tightrope Walkers can be helped.

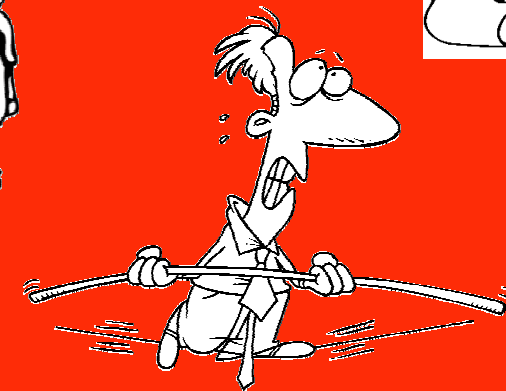


WILLOWS BOOKS PUBLISHING

TIGHTROPE WALKING

All you need to know about OCPD and perfectionism

Gwyneth Daniel



TIGHTROPE WALKING

**Everything You Need
To Know About
OCPD and Perfectionism**

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