

Gripped by unfair childhood expectations? Unending fear of failure? In this fascinating and empowering book, author Mike McKinney (a clinical psychologist) delves into the all or nothing personality: a personality type that is driven to focus on one task or area of their life to the exclusion of everything else. While often bringing great rewards in terms of career achievements, this approach can frequently lead to other areas of life being adversely affected, most commonly relationships and life outside of work. Its also one of the main causes of burnout. McKinney looks at how this personality type can develop and more importantly, how balance can be achieved so that the best aspects of the all or nothing personality can be retained, whilst mitigating the negatives. All or Nothing is essential reading for the determined who are seeking a more balanced, meaningful and rewarding life, and is a resourceful tool for psychologists, counsellors and life coaches alike.

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