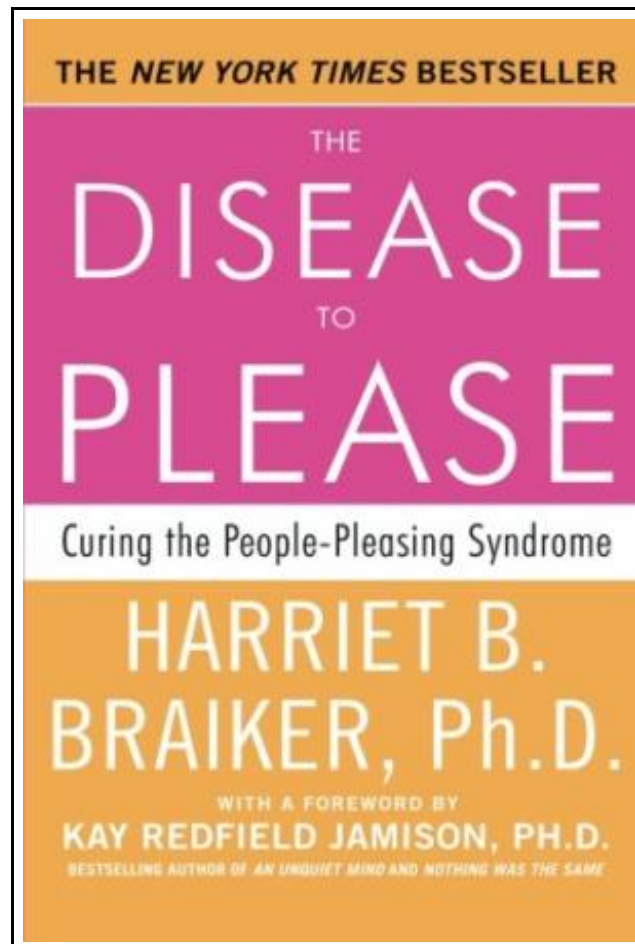


The Disease to Please: Curing the People-pleasing Syndrome



Filesize: 7.47 MB

Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.

(Lily Ryan)

THE DISEASE TO PLEASE: CURING THE PEOPLE-PLEASING SYNDROME



To get **The Disease to Please: Curing the People-pleasing Syndrome** eBook, you should follow the hyperlink listed below and download the ebook or get access to other information which are in conjunction with THE DISEASE TO PLEASE: CURING THE PEOPLE-PLEASING SYNDROME book.

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Disease to Please: Curing the People-pleasing Syndrome, Harriet B. Braiker, What's wrong with being a "people pleaser?" Plenty! "A fascinating book.If you struggle with where, when, and how to draw the line between your own desires and the demands of others, buy this book!"--Kay Redfield Jamison, bestselling author of An Unquiet Mind and Night Falls Fast People pleasers are not just nice people who go overboard trying to make everyone happy. Those who suffer from the Disease to Please are people who say "Yes" when they really want to say "No." For them, the uncontrollable need for the elusive approval of others is an addiction. Their debilitating fears of anger and confrontation force them to use "niceness" and "people-pleasing" as self-defense camouflage. Featured on NBC's "Today," The Disease to Please explodes the dangerous myth that "people pleasing" is a benign problem. Best-selling author and frequent "Oprah" guest Dr. Harriet Braiker offers clear, positive, practical, and easily do-able steps toward recovery. Begin with a simple but revealing quiz to discover what type of people-pleaser you are. Then learn how making even small changes to any single portion of the Disease to Please Triangle - involving your thoughts, feelings, and behavior - will cause a dramatic, positive and long-lasting change to the overall syndrome. As a recovered peoplepleaser, you will finally see that a balanced way of living that takes others into consideration but puts the emphasis first on pleasing yourself and gaining your own approval is the clearest path to health and happiness.



Read The Disease to Please: Curing the People-pleasing Syndrome Online
Download PDF The Disease to Please: Curing the People-pleasing Syndrome

See Also



[PDF] Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School

Access the web link below to get "Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School" PDF file.

[Read eBook »](#)



[PDF] 13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Access the web link below to get "13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)" PDF file.

[Read eBook »](#)



[PDF] Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Access the web link below to get "Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America." PDF file.

[Read eBook »](#)



[PDF] The Wolf Who Wanted to Change His Color My Little Picture Book

Access the web link below to get "The Wolf Who Wanted to Change His Color My Little Picture Book" PDF file.

[Read eBook »](#)



[PDF] Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Access the web link below to get "Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade" PDF file.

[Read eBook »](#)



[PDF] Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Access the web link below to get "Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade" PDF file.

[Read eBook »](#)