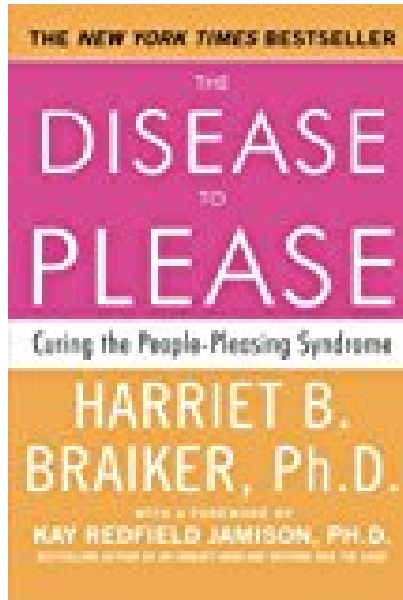


The Disease To Please Curing the People-Pleasing Syndrome



BOOK DETAILS

- Author : Harriet B. Braiker
- Pages : 304 Pages
- Publisher : McGraw-Hill Education
- Language : English
- ISBN : 0071385649

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

Whats 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.

THE DISEASE TO PLEASE CURING THE PEOPLE-PLEASING SYNDROME -

Are you looking for Ebook *The Disease To Please Curing The People-Pleasing Syndrome*? You will be glad to know that right now *The Disease To Please Curing The People-Pleasing Syndrome* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *The Disease To Please Curing The People-Pleasing Syndrome* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings.

We also have many ebooks and user guide is also related with *The Disease To Please Curing The People-Pleasing Syndrome* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *The Disease To Please Curing The People-Pleasing Syndrome*. To get started finding *The Disease To Please Curing The People-Pleasing Syndrome*, you are right to find our website which has a comprehensive collection of manuals listed.