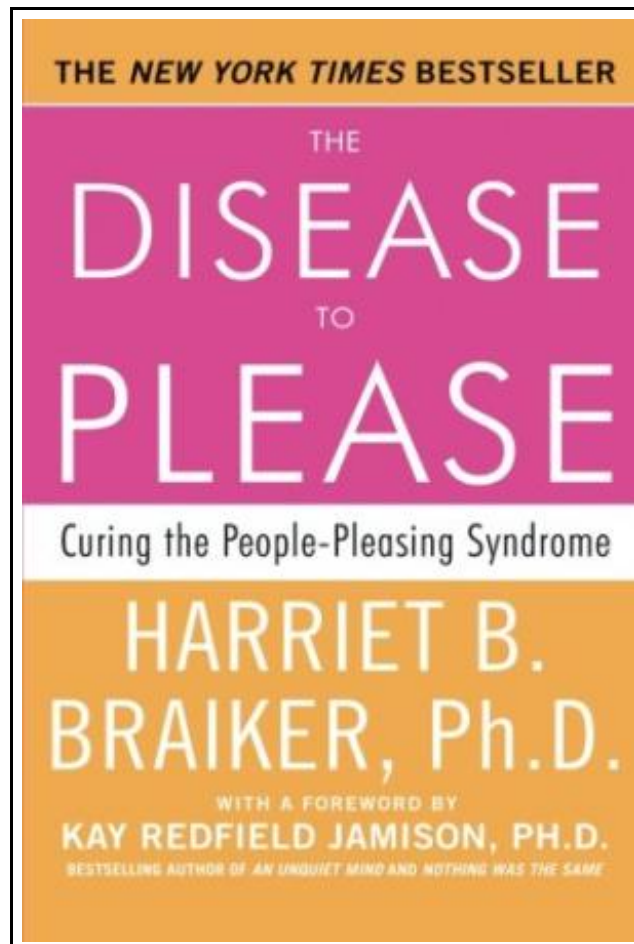


The Disease to Please: Curing the People-pleasing Syndrome



Filesize: 4.44 MB

Reviews

This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer composed this publication.

(Dr. Joaquin Klein)

THE DISEASE TO PLEASE: CURING THE PEOPLE-PLEASING SYNDROME

[DOWNLOAD](#)

To read **The Disease to Please: Curing the People-pleasing Syndrome** eBook, remember to refer to the button listed below and download the ebook or gain access to additional information that are have 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](#)

You May Also Like

**[PDF] Readers Clubhouse Set B Time to Open (Paperback)**

Follow the hyperlink beneath to get "Readers Clubhouse Set B Time to Open (Paperback)" PDF file.

[Download Document »](#)

**[PDF] 101 Ways to Beat Boredom: NF Brown B/3b**

Follow the hyperlink beneath to get "101 Ways to Beat Boredom: NF Brown B/3b" PDF file.

[Download Document »](#)

**[PDF] Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)**

Follow the hyperlink beneath to get "Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)" PDF file.

[Download Document »](#)

**[PDF] Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)**

Follow the hyperlink beneath to get "Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)" PDF file.

[Download Document »](#)

**[PDF] Readers Clubhouse B People on My Street (Paperback)**

Follow the hyperlink beneath to get "Readers Clubhouse B People on My Street (Paperback)" PDF file.

[Download Document »](#)

**[PDF] Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)**

Follow the hyperlink beneath to get "Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)" PDF file.

[Download Document »](#)