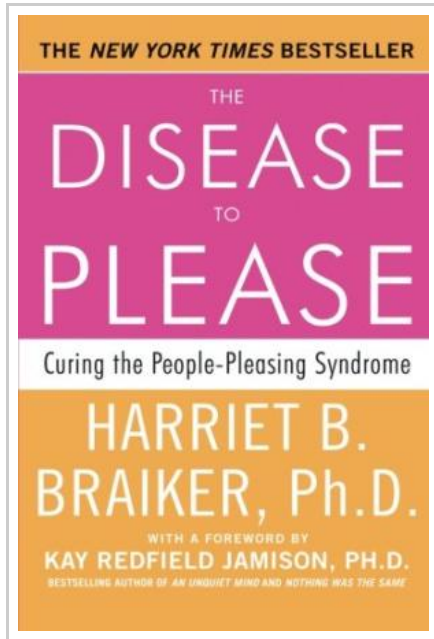




The Disease to Please: Curing the People-pleasing Syndrome

By Harriet B. Braiker

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...



READ ONLINE
[8.28 MB]

Reviews

Good e-book and beneficial one. it absolutely was writtern quite flawlessly and beneficial. I am delighted to explain how this is basically the very best ebook i have read through within my very own daily life and may be he greatest ebook for at any time.

-- **Prof. Leonardo Parker**

A brand new e-book with an all new perspective. It typically fails to cost an excessive amount of. I am effortlessly can get a satisfaction of reading a composed book.

-- **Turner Bayer**

You May Also Like



Readers Clubhouse Set B Time to Open (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book. This is volume nine, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers. Two nine-book sets...



101 Ways to Beat Boredom: NF Brown B/3b

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, 101 Ways to Beat Boredom: NF Brown B/3b, Anna Claybourne, This title is part of Bug Club, the first whole-school reading programme to combine books with an online reading world to teach today's...



Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This...



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)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



Readers Clubhouse B People on My Street (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 221 x 147 mm. Language: English . Brand New Book. This is volume two, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2) for beginning readers.Two nine-book sets...



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)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...