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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...



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