The Disease To Please Curing The People Pleasing Syndrome

Education and counselling are the pillars of civilization. Changing the way they are performed means changing the world. If you are looking for a textbook which itemizes the hows and the whys of therapeutic interventions within the direct relations framework of the counselling for being, then this book might be for you.

Let Go of Emotional Overeating and Love Your Food is unique in providing specific training on how readers can eat whatever they like, savor their food just to the point of satisfaction, and then stop without overeating. Arlene Englander skillfully provides informative insights and easy to remember pointers that are practical and fun!

This feisty and inspiring treatise blames the destructive cultural myth of female self-sacrifice for the desire for breast implants, the conservative insistence on family values, and the general cultural attitude that prevents women from supporting one another's accomplishments. Using everything from psychological analysis to clever fairy-tale parodies—called "fairer tales"—the author promotes an ideology for women that is neither bra-burning feminism nor passive conservatism, but rather a belief in self-development.

"All new material on social intelligence, personal boundaries, brain research, handling criticism, assertiveness in email and social networks, expressing anger, overcoming social anxiety, being persistent, what to do when assertiveness doesn't work."--Cover.

The Tyranny of Niceness identifies and confronts our most fundamental social dysfunction - niceness.-Psychologist Evelyn Sommers identifies and confronts our most fundamental social dysfunction -- niceness.

A celebration of friendship explores the ups and downs women face in their relationships, sharing real-life stories that will remind readers of the amazing gifts friendship holds. Original.

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The magazine that helps career moms balance their personal and professional lives.

Charles Stone?s research on thousands of pastors and ministry leaders demonstrates the dangers of approval-motivated leadership. Bringing together biblical insights and neuroscience findings, Stone shows why we fall into people-pleasing patterns and what we can do to overcome these tendencies and have more effective ministry.

A biographical and bibliographical guide to current writers in all fields including poetry, fiction and nonfiction, journalism, drama, television and movies. Information is provided by the authors themselves or drawn from published interviews, feature stories, book reviews and other materials provided by the authors/publishers.

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries? Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves. Mark Victor Hansen, co-author of Cracking the Millionaire Code In The Big Leap, Gay Hendricks, the New York Times bestselling author of Five Wishes, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and The Secret will find useful, effective tips for breaking down the walls to a better life in The Big Leap."

The Disease to Please: Curing the People-Pleasing SyndromeMcGraw Hill Professional

A Self-Help Spoof for the Life Impaired Right here in this book store, you can find hundreds of them -- self-help books. They tell you how to improve your finances, lose weight, age gracefully, and influence people. But even after reading all those books, you're still a mess. It can only mean one thing: maybe life's just not that into you. Once you open you mind to this possibility, you can quit beating yourself up. It's all about attitude. It's about the find art of whining. It's about losing your shirt, but keeping your dignity. It's about being dull and boring, but making it work for you. It's about losing friends and influencing nobody. It's about just saying no to dieting because, well, let's be honest, carbs just taste good. A hilarious, good-natured spoof on more that fifty self-help books, this book will leave you feeling better about who you are and laughing your way to becoming the person God created you to be.

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.

Traditional Chinese edition of by Emily St. John Mandel's Station Eleven, the National Book Award finalist, PEN/Faulkner Award Finalist, and an Amazon Best Book of the Month, September 2014. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

Emotional intelligence expert and motivational speaker Vermeulen (EQ: Emotional Intelligence for Everyone) wont help revitalize feminism with this stereotyping polemic against what she sees as womens terminal self-sacrifice. Touching on issues like body image, mother-daughter relationships and societal constraints, Vermeulen offers not a self-help seminar for unhappy women, but a one-sided lecture telling them why theyre depressed (men have suppressed them) and how to gain power over their lives (find their life work and their inner bitch). Vermeulen uses feminist fairy tales to make her point. In Jane and the Brainstalk, for instance, Jack pumps iron while sister Jane draws water, harvests the fields and caters to her lazy, conniving brother. The message? Men are exploitative, violent pigs, and women should rightfully take power. Vermeulen seems to be living in her own fairy tale world ruled by good (women) and evil (men). While tearing apart female stereotypes, she typecasts men. Although the author touches on important truths about persisting gender inequality, she doesnt add to our understanding of

them. If Vermeulen is going to connect with a postfeminist generation, shes going to have to find a more balanced approach. (Oct.) [Page 51].
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Others, such as the orphaned children, found relief in just having someone sit with them to listen to their daily struggles of living an orphaned life. In this book you will find a place where these stories will somehow intersect with your own story. Take a chance, read, and you will find a glimmer of hope in these stories.
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