

# The Nice Girl Syndrome

The Nice Girl Syndrome The nice girl syndrome is a term that has gained increasing attention in discussions about women's mental health, relationships, and societal expectations. It describes a pattern where women strive to be universally agreeable, accommodating, and non-confrontational, often at the expense of their own needs and boundaries. While being kind and considerate are admirable qualities, the nice girl syndrome highlights the potential pitfalls of excessive people-pleasing behaviors that can lead to stress, resentment, and a diminished sense of self. This article explores the origins, characteristics, impacts, and ways to overcome the nice girl syndrome, providing a comprehensive understanding of this phenomenon.

Understanding the Nice Girl Syndrome What Is the Nice Girl Syndrome? The nice girl syndrome refers to a behavioral pattern where women prioritize others' happiness over their own, often feeling compelled to be polite, accommodating, and non-assertive. This syndrome is not an official psychological diagnosis but rather a colloquial term used to describe a set of behaviors and attitudes. Women exhibiting this pattern may avoid conflicts, suppress their true feelings, and seek validation through their kindness. The roots of this syndrome can be traced to societal and cultural expectations that encourage women to be nurturing, submissive, and agreeable. These expectations can be reinforced from a young age, shaping women's beliefs about what it means to be "good" or "valuable."

Origins and Cultural Influences The concept of the nice girl syndrome is influenced by various cultural, social, and familial factors, including:

- Gender roles: Traditional gender roles often depict women as caretakers and peacemakers, reinforcing the idea that being nice is synonymous with being a good woman.
- Media portrayals: Movies, TV shows, and literature frequently depict women as nurturing and conflict-avoidant, influencing societal expectations.
- Family dynamics: Many women grow up in environments where approval and love are linked to their ability to please others. While these influences are pervasive, they can lead to internal conflicts when women feel pressured to conform at the expense of their authentic selves.

## 2 Characteristics of the Nice Girl Syndrome

Women exhibiting nice girl syndrome often display specific behaviors and attitudes, including:

- People-Pleasing Tendencies They go out of their way to accommodate others' needs, often at their own expense. This can include: Saying yes to requests even when they are overwhelmed Suppressing their own desires to avoid disappointing others Constantly seeking to be liked and accepted Fear of

Conflict Nice girls tend to avoid disagreements and confrontations, fearing that conflict might jeopardize relationships or social harmony. Difficulty Setting Boundaries They may struggle to establish clear limits, often feeling guilty or anxious when they try to assert themselves. Self-Sacrificing Behavior Prioritizing others' happiness over their own well-being, leading to burnout and resentment. Low Self-Esteem Because their self-worth is often tied to external validation, they may struggle with feelings of inadequacy or self-doubt. Seeking Validation Constantly looking for reassurance and approval from peers, family, or romantic partners. Impacts of the Nice Girl Syndrome While kindness and consideration are positive traits, the excessive and unchecked display of these behaviors associated with the nice girl syndrome can have negative consequences. 3 Emotional Exhaustion and Burnout Constantly putting others first can drain emotional resources, leading to fatigue and stress. Resentment and Frustration Over time, suppressing true feelings and needs can foster resentment towards others and oneself. Difficulty in Relationships Although nice girls may attract partners who value their kindness, they may also attract unhealthy relationships where their boundaries are ignored or violated. Reduced Self-Identity Focusing on others' expectations can cause women to lose sight of their authentic selves, leading to confusion about personal identity and goals. Stunted Personal Growth Fear of rejection or conflict can prevent women from pursuing their ambitions or making necessary life changes. Overcoming the Nice Girl Syndrome Breaking free from the nice girl syndrome involves self-awareness, boundary-setting, and cultivating self-love. Here are some strategies to help women develop healthier behaviors: Recognize and Acknowledge Patterns The first step is awareness. Reflect on your behaviors and consider whether your actions are motivated by genuine desire or a need for approval. Build Self-Confidence Engage in activities that reinforce your self-worth. Practice positive self-talk and celebrate your achievements. Learn to Say No Setting boundaries is essential. Start with small requests and gradually increase your assertiveness. Remember, saying no is an act of self-respect, not selfishness. 4 Prioritize Self-Care Make time for activities that nourish your mind, body, and soul. Recognize that your needs are valid and deserving of attention. Challenge Societal Expectations Question societal messages that equate women's worth with their ability to please others. Embrace your authentic self and define your own standards. Seek Support Consider therapy, coaching, or support groups that focus on self-esteem and assertiveness training. Sharing experiences with others can be empowering. Practice Mindfulness and Emotional Awareness Develop mindfulness techniques to recognize your feelings and reactions. This awareness can help you respond intentionally rather than react out of habit. Conclusion The nice girl syndrome reflects a complex

interplay between societal expectations and individual behaviors. While kindness and empathy are valuable qualities, they should not come at the expense of personal boundaries and well-being. Recognizing the patterns associated with this syndrome is the first step toward cultivating healthier relationships with oneself and others. By building confidence, asserting boundaries, and embracing authenticity, women can break free from the constraints of the nice girl syndrome and live more fulfilling, balanced lives. Remember, true kindness begins with self-respect, and genuine connection arises when we are authentic and honest about our needs and feelings.

**Question** What is the 'Nice Girl Syndrome'? The 'Nice Girl Syndrome' refers to the tendency of some women to prioritize others' needs over their own, often to their own detriment, and to seek approval by being excessively accommodating and agreeable. What are common signs of 'Nice Girl Syndrome'? Signs include difficulty setting boundaries, saying 'yes' to everything, avoiding conflict, suppressing personal desires, and feeling guilty when asserting oneself. How does 'Nice Girl Syndrome' impact mental health? It can lead to burnout, low self-esteem, anxiety, resentment, and feelings of being undervalued or invisible due to neglecting one's own needs.

**5** Is 'Nice Girl Syndrome' a recognized psychological condition? While not officially classified as a clinical diagnosis, it is a widely discussed behavioral pattern that can contribute to emotional distress and is addressed in various self-help and psychological contexts. How can women overcome 'Nice Girl Syndrome'? By practicing self-awareness, learning to set healthy boundaries, asserting their needs confidently, and challenging the belief that being 'nice' must come at their own expense. What societal factors contribute to 'Nice Girl Syndrome'? Cultural expectations around femininity, gender roles that emphasize nurturing and agreeableness, and social conditioning to prioritize others over oneself play significant roles. Can 'Nice Girl Syndrome' affect romantic relationships? Yes, it can lead to issues like codependency, difficulty expressing true feelings, and losing personal identity, which may hinder healthy and balanced relationships.

**The Nice Girl Syndrome: An In-Depth Examination of Society's Favorable but Flawed Persona** In contemporary culture, the phrase "Nice Girl Syndrome" has gained prominence as a way to describe a specific set of behaviors and personality traits that many women adopt, often unconsciously. While being kind, considerate, and agreeable are generally positive qualities, the phenomenon of Nice Girl Syndrome reveals how these traits can become maladaptive, limiting personal growth, reinforcing unhealthy relationship dynamics, and perpetuating societal expectations. This article aims to dissect the origins, characteristics, impacts, and potential pathways for overcoming Nice Girl Syndrome, offering an expert analysis rooted in psychological research, social dynamics, and gender

studies. --- Understanding Nice Girl Syndrome: Origins and Definitions What is Nice Girl Syndrome? Nice Girl Syndrome is a colloquial term that describes women who prioritize being perceived as "nice" to the point of neglecting their own needs, boundaries, and authentic selves. It encapsulates a pattern of behaviors characterized by excessive agreeableness, self-sacrifice, and a desire to be universally liked. While "niceness" is a virtue in many contexts, Nice Girl Syndrome refers to an unhealthy extension of these qualities, where the woman's identity becomes intertwined with pleasing others at her own expense. The concept originated within feminist and psychological discourse as a critique of societal norms that pressure women to conform to specific gender roles, emphasizing nurturing, compliance, and passivity. It highlights the internal conflict women face between societal expectations and personal authenticity.

### The Nice Girl Syndrome 6 The Roots of the Syndrome

The development of Nice Girl Syndrome is rooted in various social, cultural, and psychological factors:

- Cultural Expectations: Many cultures, especially Western societies, have historically idealized women as nurturing, empathetic, and accommodating. From childhood, girls are often rewarded for being "good" and "nice," reinforcing these traits as desirable and necessary.
- Family Dynamics: Family upbringing can influence the emergence of Nice Girl traits. Girls raised in environments where they are expected to be obedient, selfless, and accommodating may internalize these behaviors as part of their identity.
- Media and Societal Messaging: Media portrayals often reinforce the stereotype of the "perfect woman" as someone who is endlessly kind, agreeable, and self-effacing, discouraging assertiveness or independence.
- Fear of Rejection and Conflict: Many women develop a fear of rejection, abandonment, or conflict, leading them to suppress their true feelings or opinions to maintain harmony.
- Internalized Sexism: Internalized societal messages can lead women to devalue their own needs, believing that their worth is linked to their ability to serve others.

--- Core Characteristics and Behaviors of Nice Girl Syndrome Understanding the traits associated with Nice Girl Syndrome is crucial for recognizing its presence and impact. Below are the most common characteristics:

#### Excessive Agreeableness

Women with Nice Girl Syndrome tend to agree with others even when they internally disagree. This includes:

- Going along with plans or opinions to avoid conflict
- Suppressing personal preferences
- Avoiding confrontation at all costs

#### Self-Sacrifice and Over-Responsibility

These women often prioritize others' needs above their own, leading to:

- Overcommitting to help friends, family, or colleagues
- Neglecting self-care
- Taking on responsibilities beyond their capacity

#### Difficulty Setting Boundaries

Healthy boundaries are essential for personal well-being, but Nice Girls often struggle with:

- Saying "no" to requests
- Communicating their limits
- Resisting guilt associated

with prioritizing oneself Fear of Rejection and Abandonment A core motivator is the desire to be liked and accepted, which manifests as:

- Avoidance of The Nice Girl Syndrome 7 criticism
- Suppressing authentic feelings
- Excessive people-pleasing behaviors

Low Self-Esteem and Self-Worth Tied to Others' Validation These women may tie their self-esteem to external validation, leading to:

- Seeking constant approval
- Feeling unworthy if they are not universally liked
- Feeling anxious or depressed if they perceive rejection

Perfectionism and Overidealization of Roles Many Nice Girls set impossibly high standards for themselves, believing they must be perfect in their roles as:

- Daughter
- Friend
- Partner
- Employee

--- Impacts of Nice Girl Syndrome: Personal, Relational, and Societal While the traits associated with Nice Girl Syndrome can facilitate social harmony, they often come with significant costs across various domains.

Personal Impacts

- Emotional Exhaustion: Constantly suppressing authentic feelings and needs leads to burnout.
- Loss of Self-Identity: Over time, women may feel disconnected from their true selves, leading to confusion or identity crises.
- Reduced Self-Esteem: Reliance on external validation can foster feelings of inadequacy and low confidence.

Mental Health Challenges: Increased risk of anxiety, depression, and stress-related illnesses.

Relational Consequences

- Unbalanced Relationships: Nice Girls may find themselves in codependent or imbalanced relationships, where their needs are unmet.
- Manipulation and Exploitation: Perceived as easy targets for manipulation due to their accommodating nature.
- Difficulty with Authentic Intimacy: Genuine connection can be hindered when women suppress authentic feelings or opinions to maintain harmony.

Societal and Cultural Implications

- Perpetuation of Gender Stereotypes: Reinforces traditional roles of women as caregivers and peacemakers.
- Limited Personal Growth: Fear of asserting oneself can prevent women from pursuing opportunities or personal development.
- Workplace Challenges: Women embodying Nice Girl traits may be overlooked for leadership roles or opportunities due to perceived passivity.

--- The Nice Girl Syndrome 8 Breaking Free: Strategies and Pathways to Overcome Nice Girl Syndrome Recognizing the existence of Nice Girl Syndrome is the first step toward change. The following strategies serve as a guide for women seeking to reclaim their authentic selves, set healthy boundaries, and foster genuine relationships.

Self-Awareness and Reflection

- Identify Patterns: Keep a journal to observe when and why you compromise your needs.
- Acknowledge Feelings: Recognize feelings of resentment, frustration, or guilt as signals of boundary violations.
- Clarify Values: Understand what truly matters to you beyond societal expectations.

Develop Healthy Boundaries

- Learn to Say "No": Practice polite but firm refusals without guilt.
- Communicate Needs Clearly: Express preferences and limits assertively.

Prioritize Self-Care: Allocate time and energy for activities that nourish you physically, emotionally, and mentally. Challenge Internalized Beliefs - Address Perfectionism: Accept that imperfection is human and acceptable. - Reframe Self-Worth: Recognize that worth isn't solely dependent on others' approval. - Deconstruct Gender Norms: Question societal messages that equate kindness with self-sacrifice. Seek Support and Validation Internally - Build Self-Compassion: Practice forgiving yourself for perceived shortcomings. - Cultivate Self-Validation: Recognize your achievements and qualities without external approval. - Engage in Therapy or Coaching: Professional support can facilitate deeper understanding and change. Practice Authenticity - Express Genuine Opinions: Share your true feelings and thoughts, even if they differ from the norm. - Embrace Discomfort: Recognize that asserting oneself may be uncomfortable initially but is necessary for growth. - Surround Yourself with Supportive People: Build relationships with those who respect your boundaries and authenticity. --- The Path Forward: Embracing Balanced Kindness and Self- The Nice Girl Syndrome 9 Respect The journey from Nice Girl Syndrome to authentic self-expression involves ongoing effort, self-compassion, and societal awareness. While kindness remains a valuable trait, it must be balanced with self-respect, assertiveness, and genuine boundaries. Women can redefine what it means to be "nice" by understanding that true kindness includes honoring oneself as much as caring for others. By doing so, they not only foster healthier personal relationships but also challenge limiting societal narratives that equate women's worth with their self-sacrifice. In conclusion, recognizing and addressing Nice Girl Syndrome empowers women to cultivate a more authentic, fulfilling life—one where kindness is a choice rooted in self-awareness and mutual respect, rather than a default expectation that diminishes their well-being. --- Final thoughts: While societal patterns have historically shaped the Nice Girl archetype, individual agency and community support are powerful tools for change. Embracing authenticity, setting boundaries, and fostering internal validation are key steps in transforming Nice Girl Syndrome into a healthy, balanced expression of femininity and strength. nice girl syndrome, people-pleasing, self-esteem, boundary-setting, emotional labor, assertiveness, codependency, social anxiety, perfectionism, self-worth

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how women can overcome the pressure to please others and feel free to be their true selves are you too nice for your own good do family members manipulate you do coworkers take advantage of you if this sounds familiar read the nice girl syndrome in this breakthrough guide renowned author and therapist beverly engel who has helped thousands of women recognize and leave emotionally abusive relationships can show you how to take control of your life and take care of yourself engel explains that women today simply cannot afford to be nice girls because women who are too nice send the message that they are easy targets and are much more likely to be victimized emotionally physically and sexually she identifies the seven different types of nice girls and helps you understand which type or types might apply to you engel helps you determine whether the nice girl syndrome is keeping you in an abusive relationship or in manipulative situations and helps you change nice girl beliefs and behaviors that are holding you back shows you how to confront the beliefs and behaviors that keep you stuck in a nice girl act as you replace them with healthier more empowering ones includes inspiring stories of women engel has worked with who have found the courage and strength to stop taking abuse and start standing up for themselves this book will challenge entertain and empower its readers publishers weekly starred review written by renowned author and therapist beverly engel who has helped thousands of women recognize and leave emotionally abusive relationships filled

with wise advice powerful exercises and practical prescriptions the nice girl syndrome shows you step by step how to take control of your life and be your own strong woman

aarp digital editions offer you practical tips proven solutions and expert guidance in the nice girl syndrome beverly engel shows how you can overcome the pressure to please others and feel free to be your true self are you too nice for your own good do family members manipulate you do coworkers take advantage of you if this sounds familiar read the nice girl syndrome in this breakthrough guide renowned author and therapist beverly engel who has helped thousands of women recognize and leave emotionally abusive relationships can show you how to take control of your life and take care of yourself engel explains that women today simply cannot afford to be nice girls because women who are too nice send the message that they are easy targets and are much more likely to be victimized emotionally physically and sexually she identifies the seven different types of nice girls and helps you understand which type or types might apply to you engel helps you determine whether the nice girl syndrome is keeping you in an abusive relationship or in manipulative situations and helps you change nice girl beliefs and behaviors that are holding you back shows you how to confront the beliefs and behaviors that keep you stuck in a nice girl act as you replace them with healthier more empowering ones includes inspiring stories of women engel has worked with who have found the courage and strength to stop taking abuse and start standing up for themselves this book will challenge entertain and empower its readers publishers weekly starred review written by renowned author and therapist beverly engel who has helped thousands of women recognize and leave emotionally abusive relationships filled with wise advice powerful exercises and practical prescriptions the nice girl syndrome shows you step by step how to take control of your life and be your own strong woman

stop chasing gold stars and start chasing the life you really want we've spent years being the good girl saying yes when we mean no shrinking ourselves to make others comfortable and prioritising everyone else's needs our conditioning to be good runs deep as children we're praised for being polite quiet and well behaved in the workplace we're rewarded for compliance over confidence the result chronic illness burnout buried emotions and a feeling that we're constantly performing for other people rather than living a life that is true to us in good girl goodbye caitlin judd founder of the award winning lady brains podcast offers a bold roadmap to break the patterns keeping us small drawing from her work coaching thousands of women interviewing australia's best female founders and her background in business and positive

psychology judd shows women how to set fierce boundaries and build a life they love you'll learn how to identify the 12 good girl archetypes stealing your peace energy and confidence say no without guilt and set healthy boundaries stop sacrificing your truth to keep others comfortable discover your strengths and reclaim your personal power use practical tools and a change framework to define what true success means to you good girl goodbye is for the women who are tired of chasing gold stars in systems and institutions that don't value who they really are whether you're a perfectionist a people pleaser or a shapeshifter this book hands you the permission slip you've been waiting for to choose yourself without apology

across the country there's a youth-led rebellion challenging the status quo in seattle and pittsburgh teenage girls protest against companies that sell sleazy clothing online a nineteen-year-old describes her struggles with her mother who she feels is pressuring her to lose her virginity in a small town outside philadelphia an eleventh-grade girl upset over a dirty book read aloud in english class takes her case to the school board these are not your mother's rebels drawing on numerous studies and interviews the brilliant wendy shalit makes the case that today's virulent bad girl mindset truly oppresses young women she reveals how the media one's peers and even parents can undermine girls' quests for their authentic selves and explains what it means to break from the herd mentality and choose integrity over popularity written with sincerity and upbeat humor the good girl revolution rescues the good girl from the realm of mythology and old manners guides to show that today's version is the real rebel society may perceive the good girl as mild but shalit demonstrates that she is in fact the opposite the new female role models are not people-pleasing or repressed they are outspoken and reclaiming their individuality these empowering stories are sure to be an inspiration to teenagers and parents alike join the conversation at [thegoodgirlrevolution.com](http://thegoodgirlrevolution.com)

when anger becomes your greatest ally discover a transformative perspective on a powerful often misunderstood emotion this compelling guide challenges the long-held belief that women must always be nice revealing how embracing anger can ignite profound personal and social change through insightful storytelling and practical tools it reframes female anger not as a flaw but as a vital force for breaking free from limiting roles and expectations step inside the pages that excavate the roots of the nice girl stereotype exposing cultural myths and the silent struggles women face daily learn how to identify what triggers your anger and how to harness it healthily setting firm boundaries reclaiming your voice and speaking your truth without guilt from understanding the biology behind your emotions to navigating workplace challenges this book

offers a bold blueprint for emotional resilience if you've ever felt your fury was something to hide or mute here's the encouragement and strategy to turn it into your fiercest tool it dives into the intersection of anger and feminism highlighting stories of women who transformed rage into activism creativity and healing whether confronting toxic relationships or advocating for justice you'll find actionable advice to channel emotions into radical self care and organized movements the journey toward self acceptance and empowerment starts with one choice to stop silencing yourself this eye opening book equips you with the knowledge and courage to embrace anger as a catalyst for growth community and lasting impact it's time to shatter old narratives and pave the way for a future where female rage is honored bold fierce and unapologetically real

the good no is for anyone who finds it hard to say no to the requests demands and expectations of others this book invites the reader into the world of no and on a journey of how and why saying no is a good idea it questions the culture of yes saying inviting you to explore and experiment with alternate ways of interpreting and responding to tricky situations

a first hand look at how working women can overcome both internal and external barriers agonito takes a refreshing approach to identifying the roadblocks women face and offers important insights on dealing with barriers includes anecdotes on real life incidents from the author and other working women

embrace the forbidden with the sweet evil trilogy sweet evil sweet peril and sweet reckoning from bestselling author wendy higgins what if there were teens whose lives literally depended on being bad influences this is the reality for sons and daughters of fallen angels tenderhearted southern girl anna whitt was born with the sixth sense to see and feel emotions of other people she's aware of a struggle within herself an inexplicable pull toward danger but it isn't until she turns sixteen and meets the alluring kaidan rowe that she discovers her terrifying heritage and her willpower is put to the test he's the boy your daddy warned you about if only someone had warned anna forced to face her destiny will anna embrace her halo or her horns suspense steamy romance an appealing contemporary teen protagonist and a lively cast make this a must read series booklist

fans of cassandra clare's mortal instruments series will be drawn to wendy higgins's sexy thrilling sweet evil series what if there were teens whose lives literally depended on being bad influences this is the reality for sons and daughters of fallen angels tenderhearted southern girl

anna whitt was born with the sixth sense to see and feel emotions of other people she is aware of a struggle within herself an inexplicable pull toward danger but anna the ultimate good girl has always had the advantage of her angel side to balance the darkness within it isn't until she turns sixteen and meets the alluring kaidan rowe that she discovers her terrifying heritage and her willpower is put to the test he is the boy your daddy warned you about if only someone had warned anna forced to face her destiny will anna embrace her halo or her horns

how women can overcome the pressure to please others and feel free to be their true selves are you too nice for your own good do family members manipulate you do coworkers take advantage of you if this sounds familiar read the nice girl syndrome in this breakthrough guide renowned author and therapist beverly engel who has helped thousands of women recognize and leave emotionally abusive relationships can show you how to take control of your life and take care of yourself engel explains that women today simply cannot afford to be nice girls because women who are too nice send the message that they are easy targets and are much more likely to be victimized emotionally physically and sexually she identifies the seven different types of nice girls and helps you understand which type or types might apply to you engel helps you determine whether the nice girl syndrome is keeping you in an abusive relationship or in manipulative situations and helps you change nice girl beliefs and behaviors that are holding you back shows you how to confront the beliefs and behaviors that keep you stuck in a nice girl act as you replace them with healthier more empowering ones includes inspiring stories of women engel has worked with who have found the courage and strength to stop taking abuse and start standing up for themselves this book will challenge entertain and empower its readers publishers weekly starred review written by renowned author and therapist beverly engel who has helped thousands of women recognize and leave emotionally abusive relationships filled with wise advice powerful exercises and practical prescriptions the nice girl syndrome shows you step by step how to take control of your life and be your own strong woman

smart communication strategies to help professional women break into the c suite and thrive when they arrive with only 5.8% of ceo positions in the s p 500 held by women it is clear that there are more women who deserve a seat at the table than actually have one in no explanation required carol sankar gives you the strategies you need to create the success you deserve today as founder of the global leadership firm the confidence factor for women her goal is to ensure you deliver decisions and other communications with confidence no explanations required loaded with real life examples and backed by proprietary research no explanation

required coaches you on how to speak up for yourself stop debating your decisions and eliminate limiting language in example after example it becomes clear how these too frequent expressions i m sorry excuse me i ll get back to you can strip you of your authority and credibility instead you ll discover positive practical ways to assert your confidence and master communication at work with chapters that include the self promotion gap perception and performance what s like got to do with it and the 8 minute rule how to create 8 minute micro conversations and connections every chapter offers key takeaways you ll want to put into effect immediately and keep in mind always with the tactics in no explanation required mastered you ll be better equipped to stop explaining and start negotiating for gender parity better compensation opportunities and so much more

drawing on firsthand interviews and dialogues with young women from around the country examines the current prejudices in the culture against the good girl and offers a new set of definitive role models for the young women of the next generation

i ve always been told that if i was good i d attract good things so then why am i unhappy from a young age women are taught to put everyone else first the result a society full of good girls pushing themselves to meet expectations while ignoring their own needs but it doesn t have to be this way in this whip smart and empowering book psychotherapist marta martínez novoa explains that people pleasing is not a personality failing but a common response to trauma an instinct to become more appealing to a threat and a way to feel safe taking you on a journey into your past this book will help you understand why you feel the way you do in the present and gives you practical tools to build a future where you feel bolder safer and more confident in everything you do if you re done being a people pleaser and ready to start living for you this is your toolkit to wake up and finally take charge

a woman s guide to personal change

the history of america is the history of its small towns for better or worse small town values convictions and attitudes have shaped the psyche of this nation this book chronicles the rise and fall of small towns from the atlantic to the pacific and interweaves the story of their development with the main strands of american history inside flap

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 by 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 doable 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 people-pleaser, 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.

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