

The Disease To Please Curing People Pleasing Syndrome Harriet B Braiker

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The Disease To Please Curing

The Disease to Please is a helpful book to promote positive behavior change. Most people to some extent have difficulty with pleasing others, conflict, and saying no assertively. Braiker does a nice (to use her least favorite word) job in explaining the difficulties people have in over pleasing others and under valuing the self.

The Disease To Please: Curing the People-Pleasing Syndrome ...

It's when you try to please everyone that it becomes a problem. In fact, more than a problem, a disease. Harriet B. Braiker called it "the disease to please." And it's making you ill. Why? Because you want everyone to like you. To love you. You dread disapproval.

The Disease to Please: Curing the People-Pleasing Syndrome ...

McGraw-Hill Education Release Date: February 13, 2002 Imprint: McGraw-Hill Education ISBN: 9780071706353 Language: English Download options: EPUB 2 (Adobe DRM)

The Disease to Please: Curing the People-Pleasing Syndrome ...

The disease to please : curing the people-pleasing syndrome. The disease to please triangle: the price of nice -- Toxic thoughts -- It's okay not to be nice -- Putting others first -- There's more to you than how much you do -- Nice people can say "no" -- Learning to please: approval addiction -- Why can't you get your parents' approval? -- Love at all costs -- Romantic addiction -- Once more, without feelings -- The fear of anger -- Words can really hurt you -- How far would you go to avoid ...

The disease to please : curing the people-pleasing ...

Full Book Name: The Disease to Please: Curing the People-Pleasing Syndrome; Author Name: Harriet B. Braiker; Book Genre: Health, Mental Health, Nonfiction, Psychology, Self Help; ISBN # 9780071385640; Date of Publication: 2000- PDF / EPUB File Name: The_Disease_to_Please_-_Harriet_Braiker.pdf, The_Disease_to_Please_-_Harriet_Braiker.epub; PDF File Size: 1.3 MB

[PDF] [EPUB] The Disease to Please: Curing the People ...

The Disease to Please: Curing the People-Pleasing Syndrome: Author: Harriet Braiker: Edition: reprint: Publisher: McGraw Hill Professional, 2002: ISBN: 0071385649, 9780071385640: Length: 288 pages:...

The Disease to Please: Curing the People-Pleasing Syndrome ...

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The Disease to Please: Curing the People-Pleasing Syndrome ...

Yes, There Is a Cure for the 'Disease to Please' From the WebMD Archives Aug. 17, 2000 -- Talk show host Oprah Winfrey calls it the "disease to please" -- the tendency of some women to put the...

Yes, There Is a Cure for the 'Disease to Please'

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.

The Disease to Please: Curing the People-Pleasing Syndrome ...

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.

The Disease To Please: Curing the People-Pleasing Syndrome ...

The Disease to Please: Curing the People-Pleasing Syndrome by Harriet Braiker (2002, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

The Disease to Please: Curing the People-Pleasing Syndrome ...

START YOUR TRANSFORMATION NOW: <http://julienhimself.com/self-help/> ===== "The Disease To Please: Curing the People-Pleasing..."

Are YOU A People-Pleaser? How To Cure The Disease To Please

The Disease to Please is a compulsive—even addictive—behavior pattern. As a people-pleaser, you feel controlled by your need to please others and addicted to their approval. At the same time, you feel out of control over the pressures and demands on your life that these needs have created.

The Disease to Please by Harriet Braiker, Paperback ...

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