

## Where To Download The Disease To Please Curing The People Pleasing Syndrome

### The Disease To Please Curing The People Pleasing Syndrome

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

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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 ...

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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 ...

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:

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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 ...

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Are YOU A People-Pleaser? How To Cure 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 ...

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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