

The Disease To Please Curing The People Pleasing Syndrome

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The Disease To Please Curing 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 ... Walked away learning something new. "Disease to please" this catchy title helps explain the ins and outs of being a people pleaser. Interesting to learn what makes ppl pleasers tick and how to "cure" it. Book is engaging it has several short questionnaires and daily

assignments. The Disease to Please: Curing the People-Pleasing Syndrome ... To this end, the 21-Day Action Plan for curing the Disease to Please takes a wide and inclusive aim at correcting the faulty mindsets, breaking the habits, and overcoming the fearful feelings that collectively comprise this difficult and frustrating syndrome. The Hidden Cost of People-Pleasing. People-pleasing is an odd problem. The Disease to Please by Harriet Braiker, Paperback ... 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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Curing the People ... 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... The
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Syndrome ... Why do we care about pleasing other
people so much? There was a time when I used to be a
people-pleaser myself. So I guess it's because we all
want to be lik... The Disease To Please | Curing The
People-Pleasing ... The Disease to Please: Curing the
People Pleasing Syndrome Harriet B. Braiker, Ph. The

Disease to Please: Curing the People Pleasing Syndrome by 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' 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. 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 ... 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: Curing the People-Pleasing Syndrome [Braiker, Harriet] on Amazon.com.au. *FREE* shipping on eligible orders.

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