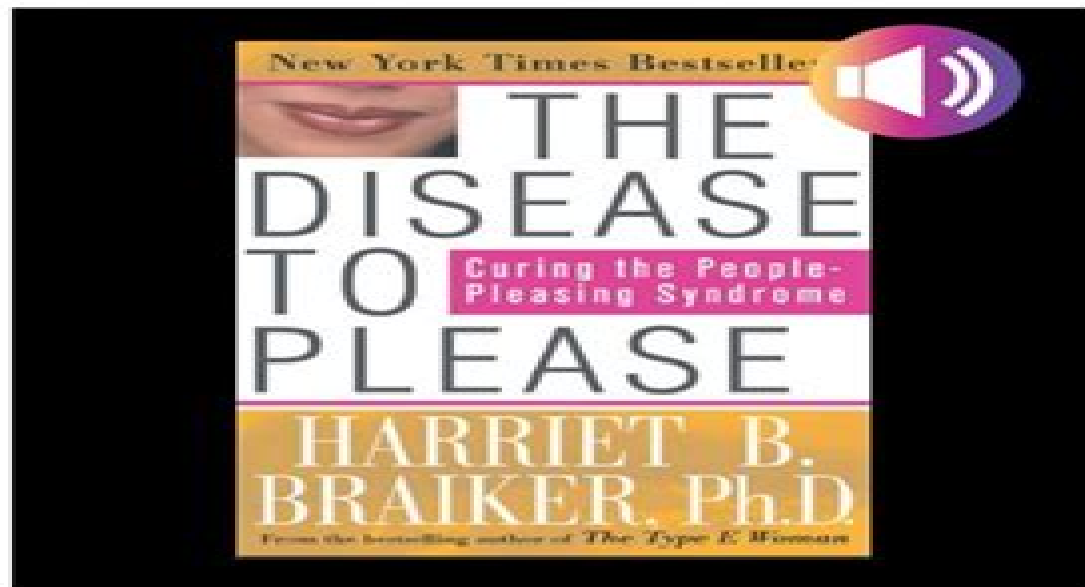


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Who are people pleasers? They are the people who say yes, when they want to say no - the perennial nice person whose resentment is concealed behind their public happy face. Now best-selling author and frequent Oprah guest Dr. Harriet Braiker offers help for anyone who has ever felt the resentment of giving 100 percent of themselves to others and getting nothing in return. *The Disease to Please* explodes the dangerous myth that people-pleasing is a benign problem. It is the first book to treat people pleasing as a serious psychological syndrome, and it breaks new ground in its approach to offer a cure. Dr. Braiker offers a 21-day action plan for curing *The Disease to Please*. A daily psychological workout and skills-training program, it will help listeners replace the compulsion to comply with a more conscious and reasoned choice to care. The

Disease To Please Curing The People Pleasing Syndrome

G Psacharopoulos



Disease To Please Curing The People Pleasing Syndrome:

The Disease to Please: Curing the People-Pleasing Syndrome Harriet Braiker, 2002-03-06 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 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. *People-Pleasing Pastors* Charles Stone, 2014-01-10 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 Brighter Day** Gail Thompson, 2009-11-01 Featuring fantastic real-life stories that are contemporary and motivational, this strategy guide for parents provides the necessary tools for those who want to make a difference in their children's education. By addressing difficult issues that have a tendency to distract kids from their studies, such as peer pressure and sexuality, as well as the everyday influence of rap music, television, and video games, these accessible strategies teach parents how to communicate better and raise their expectations of their children. Rounded out by advice on how to help with homework, maintain good grades, and enforce the respect for authority on which a good education depends, this indispensable guide also grants parents better insight into the challenges faced by schools. Overcoming Low Self-Esteem with Mindfulness Deborah Ward, 2015-03-19 By working on self-esteem with the tools of mindfulness, this book offers readers the freedom to break out of unconscious thought habits which dictate unsatisfactory lives and to achieve real freedom and fulfillment. Perhaps no other self-help topic has spawned so much advice and so many conflicting theories as self-esteem. It's like salt: a little gives flavour, strength, and coherence to our personalities, while lack of it leads to an anodyne life of putting up with abusive situations or relationships leading to depression and lack of fulfillment. On the other hand, too much self-esteem can create an unappealing sense of entitlement, pointing to the twisted paths and dark woods of narcissism. Using the concept of

mindfulness which has been defined as paying attention in a particular way this book looks at the ongoing meditative practice required to gain the right balance of self esteem in a flexible and effective way **Working Mother** ,2001-02 The magazine that helps career moms balance their personal and professional lives *Working Mother* ,2001-02 The magazine that helps career moms balance their personal and professional lives The September 11 Syndrome: Seven Steps to Getting a Grip in Uncertain Times Braiker,2002-05-22 A portion of the profits from this book are being donated to 9 11 related charities Proven methods for how to live fully and panic free in the face of anxiety and stress More than just the World Trade Centers were destroyed on September 11 Also lost to us was the sense of security and peace of mind taken for granted by generations of Americans What once were dismissed as neurotic phobias fear of flying of public transportation and of crowded places for example are now considered normal reactions to real dangers Written by Harriet Braiker renowned psychologist and author of the New York Times advice bestseller *The Disease to Please* The September 11 Syndrome *Anxious Days and Sleepless Nights* arms readers with proven techniques for developing psychological hardiness and emotional resiliency Braiker imparts the keys to regaining a sense of control over life and the freedom of mind to travel conduct business and experience everyday joys without being crippled by fear *Your Perfect Right* Robert E.

Alberti,Michael L. Emmons,2008 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 *Books Out Loud* ,2007 The Fabric of Friendship Joy Carol,2006 Exploring the emotional hurdles that women face in their relationships this text reveals a simple truth friendship is never simple Joy Carol reminds readers of the amazing gifts friendship holds and inspires them to reclaim the power of their relationships

Forthcoming Books Rose Arny,2002-04 **G.K. Hall Women's Studies Index** ,2001 **Kill the Princess** Stephanie Vermeulen,2007-10-12 Emotional intelligence expert and motivational speaker Vermeulen EQ Emotional Intelligence for Everyone won't help revitalize feminism with this stereotyping polemic against what she sees as women's 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 they're 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 doesn't add to our understanding of them If Vermeulen is going to connect with a postfeminist generation she's going to have to find a more balanced approach Oct Page 51 **Up Where We Belong** Gail L. Thompson,2007-04-20 In *Up Where We*

Belong Gail Thompson asked the students in a low performing school to be candid about their high school experiences Using this information and relying on data from questionnaires and focus groups Thompson discovered a huge gap in perception between how teachers and students view their experience of school The book explores this disparity and uncovers some of the reasons for students low achievement apathy and frustration Most important she offers vital lessons for transforming schools especially for underachieving kids and students of color **Women's Studies Index, 2001** G. K. Hall and Co. Staff,GK Hall,2002-08 Good Housekeeping ,2002 **Contemporary Authors** Julie Keppen,2004-10 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 **The British National Bibliography** Arthur James Wells,2003
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