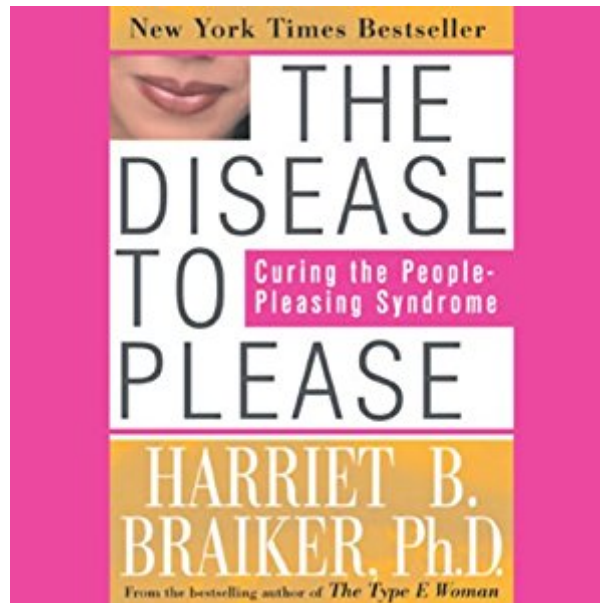




The book was found

The Disease To Please: Curing The People-Pleasing Syndrome



Synopsis

Bestselling author and frequent "Oprah" guest Dr. Harriet Braiker offers help for anyone who has ever felt the resentment of giving 100 percent to others and getting nothing in return. Featured on NBC's "Today," *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 readers replace the compulsion to comply with a more conscious and reasoned choice to care. *The Disease to Please* includes: -- Extensive case studies-- Diary and journal formats to help recovery-- An effective three-stage short-term therapy approach --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 4 hours 5 and 20 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: McGraw-Hill Education

Audible.com Release Date: February 23, 2006

Language: English

ASIN: B000EQDE0S

Best Sellers Rank: #89 in Books > Health, Fitness & Dieting > Mental Health > Codependency
#393 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships
#431 in Books > Self-Help > Self-Esteem

Customer Reviews

Incredibly effective. The 21 day guide in the second part is essential and very effective. My life was literally saved through this book.

boy! They KNOW me!

Useful wise little book!

This is a really great books. Great section on children's experience with troubled, less-than-perfect

parents. This definitely helped me in understanding my reactions to spouse, boss, coworkers, friends, family.

What a thorough resource to understanding approval addiction. This book has helped me understand so clearly what makes one overly focus on pleasing others. The language is clear, simple and so concise. No waffle, no irrelevant anecdotal stories. This has been an empowering read.

Helpful in determining what "type" of people-pleaser you may be, chapters addressing different people-pleasing tendencies and a 21 day program to change people-pleasing habits. Explores the roots of people pleasing

Great help for people who feel dependent on the approval of others in every aspect of life! Supportive and essential book.

This book was perfect for me and help me a lot everybody around me including my husband is astonished with my new attitudes facing life....Many thanks to Harriet Odila

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