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The Disease To Please: Curing the People-Pleasing Syndrome

Harriet B. Braiker

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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 do-able 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 peoplepleaser, 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.

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Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book can be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the book untitled The Disease To Please: Curing the People-Pleasing Syndrome can be good book to read. May be it might be best activity to you.

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