

THE *NEW YORK TIMES* BESTSELLER

THE  
DISEASE  
TO  
PLEASE

Curing the People-Pleasing Syndrome

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WITH A FOREWORD BY

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BESTSELLING AUTHOR OF *AN UNQUIET MIND* AND *NOTHING WAS THE SAME*

# Resumo de The Disease to Please: Curing the People-Pleasing Syndrome

A New York Times bestseller NOW IN PAPERBACK 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

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