



THE DISEASE TO PLEASE

Curing the People-
Pleasing Syndrome

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From the bestselling author of *The Type E Woman*

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

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% 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 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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