

The Disease To Please

The Disease to Please: Curing the People-Pleasing Syndrome Ebony Stressing Out! 99 Things Women Wish They Knew Before Starting Their Own Business The Missing Conversations Woman Up! How Women Rise The Abcs of Self-Care Ebony The Christian miscellany, and family visiter A Paradise of English Poetry Library of the World's Best Literature, Ancient and Modern A Library of Religious Poetry A Poetry-book of Elder Poets Bacon and Shakespeare: His Position as Regards the Plays, Etc International Health Exhibition, London, 1884 A World Tour of Wisdom Extraordinary Sex Now The Disease To Please Dazzled to Frazzled and Back Again Harriet Braiker Lauren Miller Erica Diamond Zachary A. Schaefer Aimee Cohen Sally Helgesen Sheri E. Betts Henry Charles Beeching Charles Dudley Warner Philip Schaff Amelia Ann Blanford Edwards William Henry Smith David James Sandra R. Scantling Braiker Ginger Kolbaba

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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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the missing conversations will give you and your team a framework to have higher quality conversations that directly and positively impact your business what you don t know can hurt you and what you don t talk about can absolutely destroy your team your organization and your career in the missing conversations speaker and leadership coach zach dr z schaefer cracks open the playbook he s used with some of america s best and brightest companies to reveal the critical but all too often overlooked conversations that can make or break an organization drawing on his fifteen years of experience working with high power hard charging executives and team leaders dr z examines more than forty key conversations you are probably not having you ll discover the impact the leader s echo has on employees as it reverberates throughout the organization how to prevent team member burnout by recognizing their accomplishments while giving them a new goal to shoot for the power of embracing effort itself as a talent that leaders can recognize and encourage in their teams why so many leaders allow groupthink and the disease to please to stifle productive problem solving and constructive disagreement how to harness conflict as a catalyst for growth through healthy confrontation why team members and peers often feel blindsided by feedback and constructive criticism in this book dr z reveals how addressing the root causes of communication breakdowns lack of awareness avoidance and adversity empowers leaders to unlock their team s full potential drive innovation and achieve sustainable success if you re ready to create a workplace where open dialogue and collaboration flourish it s time to start having the missing conversations

for women who want to get out of their own way and get ahead in their careers with insights drawn from more than twenty years of experience as a prominent career consultant with a nearly 100 success rate helping hundreds of clients this guide conveys a powerful and practical

message that exposes seven self sabotaging behaviors that keep women from success using real life examples shared experiences and the author s own guilty confessions it delivers the sage advice every woman wishes she had at the start of her career in order to take control and achieve those goals like combining your best girlfriend and an elite career expert teresa taylor author of the balance myth and former coo qwest communications

by the bestselling author of what got you here won t get you there do you hesitate about putting forward ideas are you reluctant to claim credit for your achievements do you find it difficult to get the support you need from your boss or the recognition you deserve from your colleagues if your answer to any of these is yes how women rise will help get you back on track inspiring and practical by turns it identifies 12 common habits that can prove an obstacle to future success and tells you how to overcome them in the process it points the way to a career that will satisfy your ambitions and help you make the difference you want to make in the world guidance on the habits you fall into that aren t helping you achieve the success you deserve it s fascinating sunday times how women rise is a great read lois p frankel author of nice girls don t get the corner office a great resource to discover the 12 habits that hold women back and how to overcome them forbes

creating a happier healthier and more peaceful life is as simple as a b c with this practical and interactive guide to making self care a lifestyle in the same way that 26 letters can create an entire language the abcs of self care offers an easy to follow alphabet of tools and techniques that can create an entirely new way of living regardless of your starting point learning and practicing these abcs of self care will help you develop the kind of self love that prevents you from becoming overworked and undervalued by yourself and others self care can be viewed as the practice of taking an active role in protecting your own well being and happiness whether your current state of well being is numb or moderately satisfied you can make different choices starting now to create a happier healthier and more peaceful life this book will help you do that join me on this journey of creating your best life

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world tour of wisdom explores invaluable revelatory wisdom that is immediately easy and inspiring to read for believers agnostics and atheists alike all will embark on this world tour of some of the greatest thinkers of the ages these masters of truth have influenced millions of people

ranging from top executives to world leaders from scientists to spiritual leaders and from artists to philosophers inside you will find time tested wisdom strategies relevant to all aspects of your life from managing your business and career to finding peace health and abundance within your personal and family life this rich collection offers practical profound and timeless ideas shared by all spiritual paths love itself is not reserved for just one special religion love is for everybody everywhere no exceptions david james says that if we are to survive in the global age it will have to be together or not at all david believes it is time for all of us to take a giant leap forward in our realization that all spiritual paths at their core teach us that loving one another is the key to world peace and prosperity it is this wisdom that we need to extend to the person in front of us and share with future generations we need to stop talking peace and start living peace start sharing peace start being peace

based on her twenty years of clinical practice sexual therapist dr sandra r scantling has written a new guide to restoring the vital connections that bring couples together and make it possible for them to enjoy extraordinary sex this is not a sex manual it is a book about achieving true intimacy both in and out of the bedroom great sex is based on couples becoming aware of those ineffable forces that originally brought them together forces that may have been based on differences rather than similarities in style and personality forces that now may be pulling these same people apart having achieved an understanding of these forces they will be better able to communicate achieve intimacy and enjoy extraordinary sex from publisher description

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