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The Disease To Please: Curing the People-Pleasing Syndrome ...

The Disease to Please is a helpful book

to promote positive behavior change. Most people to some extent have difficulty with pleasing others, conflict, and saying no assertively. Braiker does a nice (to use her least favorite word) job in explaining the difficulties people have in over pleasing others and under valuing the self.

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It's when you try to please everyone that it becomes a problem. In fact, more than a problem, a disease. Harriet B. Braiker called it "the disease to please." And it's making you ill. Why? Because you want everyone to like you. To love you. You dread disapproval.

The Disease to Please: Curing the People-Pleasing Syndrome ...

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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

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The Disease To Please: Curing the People-Pleasing Syndrome ...

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