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# The Disease To Please

**Sarah Kenny**

## **The Disease To Please:**

**The Disease to Please: Curing the People-Pleasing Syndrome** Harriet Braiker, 2002-03-06 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 doable 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.

**The Disease to Please** Leona Penrose, 2025-09-04 Discover the Freedom of Saying No and Embracing Your True Self. Are you tired of feeling trapped by the constant need to please others? This powerful guide delves into the hidden patterns that keep you overcommitting, overexplaining, and sacrificing your peace in pursuit of approval. *The Disease to Please: Let Them Be Disappointed* offers a compassionate roadmap toward reclaiming your boundaries and living authentically, no apologies necessary. Explore the emotional toll of people pleasing as you uncover childhood influences and social conditioning that have shaped your behavior. Learn to recognize when you're caught in the cycle of saying yes out of fear, guilt, or the desire to avoid conflict. Instead of striving to be liked by everyone, this book empowers you to accept the reality that it's okay to let others be disappointed and that your worth doesn't depend on universal approval. Step by step, you'll develop practical tools to start saying no with confidence and grace. From setting healthy boundaries to managing the emotional reactions of others, you'll gain the courage to speak your truth without overexplaining or feeling guilty. Discover how to build relationships founded on respect, authenticity, and mutual care while breaking free from toxic people pleasing habits that have held you back for too long. Whether you're just beginning this journey or seeking lasting change, this book offers encouragement to celebrate every victory and maintain your newfound freedom. Embrace a life lived on your terms where self-worth isn't tethered to others' expectations and unapologetic authenticity becomes your greatest strength.

*The Missing Conversations* Zachary A. Schaefer, 2025-03-25 *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

*Woman Up!* Aimee Cohen,2018-10-01 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

*The Abcs of Self-Care* Sheri E. Betts,2021-09-21 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

**Ebony** ,2000-05 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

*Lead Like a Queen: A Young Woman's Guide to Audacious Living* Sarah Kenny,2023-09-26 Too many young women feel confused anxious uncomfortable in their skin and worried about the future

They're struggling to figure out who they are what they want in life and how to feel happier and more fulfilled along the way They're meant for something bold and audacious in their lifetimes but fear and paralysis keep stifling their voices and potential But they're not alone and author Sarah Kenny knows why and what to do about it Based on decades of experience developing women leaders and her own turbulent teens and twenties she wrote this book to save countless girls the headache and heartache that kept her stuck and miserable for way too long Lead Like a Queen is an inspirational self help guide for any young woman who is sick of suffering from anxiety overwhelm and doubt and eager to find more happiness purpose and fulfillment much earlier in life Sharing heartfelt and hard earned advice practical strategies and expertise gained from the author's own healing journey this book teaches readers how to break through the fear and angst that is holding them back from reaching their full potential and unleashing their power Most importantly it inspires young women to become autonomous audacious Queens the bold leaders and change agents our world desperately needs *Ebony*, 2000-05 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Annual Report** Michigan. Department of Health, 1900

**Annual Report of the Secretary of the State Board of Health of the State of Michigan, for the Fiscal Year Ending ...** Michigan. State Board of Health, 1896 A treasury of English literature, from the beginning to the eighteenth century, selected and arranged with tr. and glossaries by K.M. Warren Kate Mary Warren, 1906 An English anthology, from Chaucer to the present time, selected and ed. by J. Bradshaw English anthology, 1891 **Annual Report ...** Michigan. Records and Statistics Bureau, 1902 **Annual Report** Michigan. State Board of Health, 1890 Monthly bulletin (California. State Board of Health) v.1-3, 1905-08, 1905 The Disease To Please Braiker, **Annual Report of the Commissioner of the Michigan Department of Health** Michigan. Department of Health, 1896 The Time of Greatest Prevalence of Each Disease in Michigan ... Michigan. Board of Health, 1885 **Michigan Bulletin of Vital Statistics** Michigan. Board of Health, 1905 **Annual Report ... on the Registration of Births and Deaths, Marriages and Divorces in Michigan ...** Michigan. Department of Health, 1902

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