



# **Anxious to Please: 7 Revolutionary Practices for the Chronically Nice**

*Craig English, James Rapson*

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Do you (or does someone you know)...

- Apologize frequently or for things you are not responsible for?
- Get preoccupied with what other people think of you?
- Become unhappy when your partner isn't happy?
- Feel worried or fretful so often it seems normal?
- Often not know what you want?
- Constantly second-guess yourself?

Chronic Niceness affects multitudes, causing severe anxiety and depression, crippling self-esteem, and undermining and destroying relationships

Anxious to Please reveals the primary psychological cause of Chronic Niceness--Anxious Attachment. Anxious Attachment drives the Nice Person to accommodate, acquiesce and avoid conflict. Nice People take what they're given rather than asking for what they want, often sacrificing relationship, careers and their own integrity.

Anxious to Please presents seven powerful practices designed to bring about: resilient self-esteem; a happier and calmer emotional life; a reality-based optimism for the future; fulfilling sex; and satisfying relationships.

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A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the whole day to reading a publication. The book Anxious to Please: 7 Revolutionary Practices for the Chronically Nice it is extremely good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not too costly but this book has high quality.

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#### **George Chadwick:**

On this era which is the greater man or woman or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple way to have that. What you must do is just spending your time not very much but quite enough to possess a look at some books. One of several books in

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