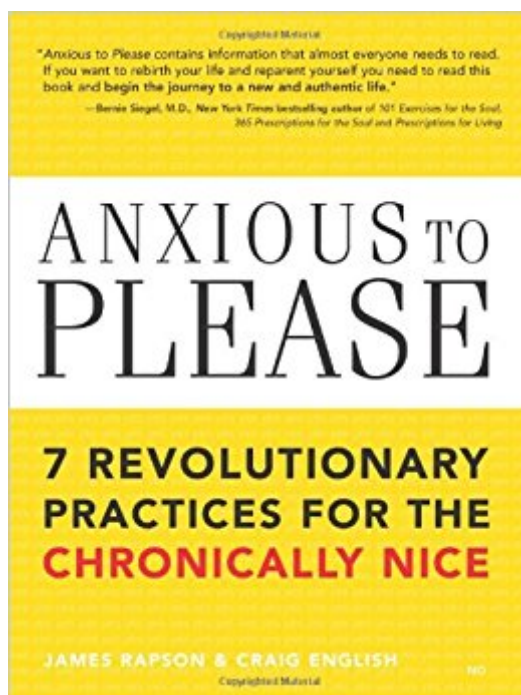


The book was found

# Anxious To Please: 7 Revolutionary Practices For The Chronically Nice



## Synopsis

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 relationshipsAnxious 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.

## Book Information

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## Customer Reviews

&?Anxious to Please is now on my list of &?Must Reads&? for every recovering Nice Guy and Girl.&?&-Dr. Robert Glover, author of No More Mr. Nice Guy: A Proven Plan for Getting What You Want in Love, Sex and Life&&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 relationships, 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. &

James Rapson, M.S., LMFT, is a clinical member of the American Association of Marriage and Family Therapists, the U.S. Association of Body Psychotherapists, and the Center for Object Relations in Seattle. Mr. Rapson is a veteran therapist who combines hard-won personal insight with clinical experience and scholarship. The journey of healing and growth in his own life has been greatly amplified by the courageous men and women with whom he has the privilege to work. Mr. Rapson's focus on human connection, coupled with his penchant for innovation, has led him to develop programs such as Group of Dads, Couples in Motion, and The Shared Vision Project. James' collaboration with Craig has led to the development of numerous seminars, workshops, and classes. An avid learner, James draws from a diverse background that includes early career forays in the worlds of music, software engineering, theater, and religion, as well as even earlier exploits on the football field and wrestling mat. These days his wrestling is mostly limited to matters of the mind and heart, though he continues to play piano, write poetry, and take the occasional raft trip down a northwest river. He has a private practice in Bellevue, Washington. Craig English, M.F.A., is an award-winning writer with extensive experience in both nonfiction and fiction. He is founder of the much-published "Commoners" writing group in Seattle, Washington. A dynamic lecturer, teacher, and workshop leader, he draws from the wisdom traditions of both East and West to deliver a message that is warm, tough, funny, and poignant. Mr. English performed as a professional actor for twenty-five years, with numerous credits on stage, television, and radio. He has cofounded such diverse projects as a groundbreaking Montessori middle school and a highly-regarded Shakespearean theater company. Among his interests, Craig counts hiking, kayaking, skiing, drinking tea, cooking, reading, and laughing. Craig and James first met in 1965 on a grade school playground in Santa Barbara, California, and discovered that they shared a similar offbeat sense of humor. They have marked the stages of life together with comic books and ping-pong marathons, dreams of kissing the perfect girl and becoming rock stars, college hijinks and geographical relocations, through buying homes, raising children, and earning some gray hairs along the way.

They are, forty years later, still best friends.

Absolutely, Love the book. Learned about psychology and practical practice about being anxious to please. I recommend it! Obviously, one book cannot change your life but this book can help you a lot if you are interested in the topic. "Nice person complex".

I was expecting lots of action plans and practical advice in this book. I was disappointed because, in my humble opinion, it drifts into platitudes and soft advice on "same gender friendships".

Interesting book, lots of good info. My niece and my daughter both have it and have learned a lot from it.

I loved learning more about how to improve myself in this way. It was an easy read and I'd recommend it for anyone with this issue.

Book is a little scattered

I found the book extremely clear and powerful. Reading it, it was obvious to me that it stems from experience. Just beautiful

This is a fabulous book for chronic "nice people" - even people who don't think they're "nice." It addresses victim mentality, saying yes when one means no, pleasing without being pleased, and much more. It is a great read for anyone who has mommy issues and/or has had his or her share of unfulfilling relationships/friendships - or the one who is with the "nice person."

if you're too nice this book is for you

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