



Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes

Duke Robinson

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You were reared to be socially acceptable. You think of yourself as a fairly nice person. Yet you find that **so many of the nice things you do leave you feeling burned out, bottled up, and bumbling.**

Robinson **nails nine *such mistakes* we nice people make every day.** Look at the book's Contents page that lists them, and **see if it doesn't feel like you're looking in a mirror!**

This book will show you how to correct these mistakes and behave in ways that will help you avoid stress, frustration and embarrassment. You quite quickly will learn how to:

- Let go of your need to be perfect and to please everyone all the time.
- Say "no" to requests for your energy and time, and feel wonderful doing so.
- Tell others directly what you want from them, and actually receive it.
- Express anger without blowing up and losing your valued relationships
- Disarm those who wrongly or irrationally criticize or attack you.
- Be both honest with, and gracious toward, those who fail or disappoint you.
- Cease giving advice to others and feel good simply giving them information.
- Be genuinely helpful to addicted loved ones, rather than try to rescue them.
- Stop attempting to protect those in grief and begin supporting them.

This remarkable book will empower you to make these changes and liberate you for a richer more enjoyable life ... **and you still will be a nice person!**

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From reader reviews:

Jose Wilson:

Nowadays reading books are more than want or need but also turn into a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge your information inside the book which improve your knowledge and information. The data you get based on what kind of reserve you read, if you want drive more knowledge just go with education and learning books but if you want experience happy read one together with theme for entertaining like comic or novel. Typically the Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes is kind of book which is giving the reader unpredictable experience.

Mark Carlton:

Playing with family within a park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't obtain it, oh come on its named reading friends.

Sara Pacheco:

Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort that will put every word into enjoyment arrangement in writing Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes but doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be certainly one of it. This great information can certainly drawn you into fresh stage of crucial considering.

Cheri Tow:

That reserve can make you to feel relax. This specific book Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes was colourful and of course has pictures on the website. As we know that book Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes has many kinds or style. Start from kids until young adults. For example Naruto or Investigator Conan you can read and believe that you are the character on there. So , not at all of book are generally make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading in which.

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