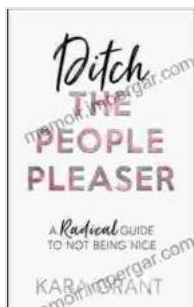


Ditch the People Pleaser: Break Free from Codependency and Embrace Your True Self

Are you tired of putting others' needs before your own? Do you feel like you're constantly sacrificing your own happiness to make others happy? If so, then you may be a people pleaser.



Ditch the People Pleaser: A Radical Guide to Not Being

Nice by Kara V Grant

★★★★★ 5 out of 5

Language : English
File size : 531 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 93 pages
Lending : Enabled



People pleasing is a common problem that can lead to a host of negative consequences, including low self-esteem, anxiety, and depression. But there is hope! In her new book, *Ditch the People Pleaser*, Dr. Susan Campbell shows you how to break free from codependency and embrace your true self.

What is people pleasing?

People pleasing is a pattern of behavior in which a person sacrifices their own needs and desires to meet the needs and desires of others. People

pleasers are often afraid of conflict and rejection, and they may go to great lengths to avoid upsetting others.

People pleasing can be a difficult pattern to break, but it is not impossible. With the help of Dr. Campbell's book, you can learn how to:

- Identify the signs of people pleasing
- Understand the causes of people pleasing
- Develop strategies for breaking free from people pleasing
- Build healthy relationships based on respect and equality

Why should you ditch the people pleaser?

There are many reasons why you should ditch the people pleaser. People pleasing can lead to:

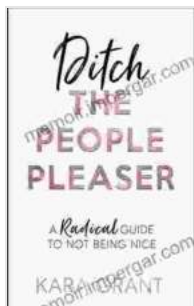
- Low self-esteem
- Anxiety
- Depression
- Codependency
- Relationship problems
- Career problems

If you are ready to break free from people pleasing and embrace your true self, then *Ditch the People Pleaser* is the book for you.

Free Download your copy today!

Ditch the People Pleaser is available in bookstores and online. To Free Download your copy, click the link below.

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