

Learn to Say No, Set Boundaries, Stop People Pleasing, and Live a Fuller Life

Are you tired of feeling like you're always putting others' needs before your own? Do you find yourself saying yes to things you don't want to do, just to avoid conflict or make others happy? If so, you're not alone. Millions of people struggle with people-pleasing, and it can have a serious impact on our lives.

People-pleasing can lead to a number of problems, including:



No Will Set You Free: Learn to Say No, Set Boundaries, Stop People Pleasing, and Live a Fuller Life (How an Organizational Approach to No Improves your Health and Psychology) by Marie-Claire Prettyman

★★★★☆ 4.2 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 164 pages

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- **Stress and anxiety:** When we constantly put others' needs before our own, we can feel overwhelmed and anxious. We may also feel resentful and angry, even though we don't want to admit it.

- **Burnout:** People-pleasing can lead to burnout, both physically and emotionally. We may feel exhausted and depleted, and we may lose interest in things that we used to enjoy.
- **Relationship problems:** People-pleasing can damage our relationships with others. We may feel like we're not being true to ourselves, and we may resent our partners or friends for taking advantage of us.
- **Low self-esteem:** People-pleasing can lead to low self-esteem. We may feel like we're not good enough, and we may believe that we don't deserve to have our own needs met.

If you're struggling with people-pleasing, there is hope. In her book, *Learn to Say No, Set Boundaries, Stop People Pleasing, and Live a Fuller Life*, Dr. Susan Newman provides a step-by-step guide to overcoming people-pleasing and living a more fulfilling life.

Dr. Newman's book is based on the latest research on people-pleasing and boundary setting. She provides practical, easy-to-follow advice that can help you to:

- Identify the root of your people-pleasing behavior
- Develop assertive communication skills
- Set healthy boundaries with others
- Say no to requests that you don't want to do
- Take care of your own needs and wants

If you're ready to stop people-pleasing and start living a more fulfilling life, then Dr. Susan Newman's book is the perfect place to start. *Learn to Say No, Set Boundaries, Stop People Pleasing, and Live a Fuller Life* is a comprehensive guide that can help you to overcome people-pleasing and live the life you deserve.

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