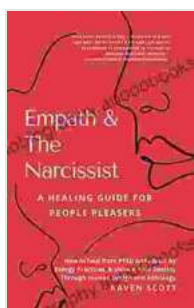


The Ultimate Healing Guide for People Pleasers: Break Free from Codependency and Live a Life of Authenticity

People pleasing is a common problem that can lead to a number of mental health issues, including anxiety, depression, and codependency. People pleasers are often afraid of conflict and rejection, so they go out of their way to make others happy, even if it means sacrificing their own needs. This can lead to a number of problems, including:



Empath & The Narcissist: A Healing Guide For People Pleasers by Rachel Williams

★★★★★ 5 out of 5

Language	: English
File size	: 2209 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 190 pages
Lending	: Enabled
Paperback	: 156 pages
Item Weight	: 13 ounces
Dimensions	: 8.27 x 0.36 x 11.02 inches



* Low self-esteem * Difficulty setting boundaries * Feeling like you're not good enough * Difficulty saying no * Codependency

If you're a people pleaser, you may feel like you're trapped. You may feel like you can't say no to anyone, and that you have to always be there for others. This can be a very lonely and isolating experience.

But there is hope! The Healing Guide for People Pleasers is a comprehensive guide to help you break free from people pleasing and live a life of authenticity. This book will teach you how to:

- * Identify the root of your people pleasing
- * Set healthy boundaries
- * Say no without feeling guilty
- * Build self-esteem
- * Develop a strong sense of self

Live a life of authenticity

What's Inside the Healing Guide for People Pleasers?

The Healing Guide for People Pleasers is a comprehensive guide that covers everything you need to know about people pleasing, including:

- * The causes of people pleasing
- * The different types of people pleasers
- * The consequences of people pleasing
- * How to break free from people pleasing
- * How to build self-esteem
- * How to live a life of authenticity

This book is full of practical advice and exercises that will help you overcome people pleasing and develop a stronger sense of self.

Who is the Healing Guide for People Pleasers for?

The Healing Guide for People Pleasers is for anyone who struggles with people pleasing. This book is especially helpful for people who:

- * Feel like they always have to put others' needs before their own
- * Have difficulty setting boundaries
- * Feel like they're not good enough
- * Have

difficulty saying no * Are codependent

If you're ready to break free from people pleasing and live a life of authenticity, then the Healing Guide for People Pleasers is the book for you.

Free Download Your Copy Today!

The Healing Guide for People Pleasers is available now on Our Book Library.com. Free Download your copy today and start your journey to a life of authenticity!

Empath & The Narcissist

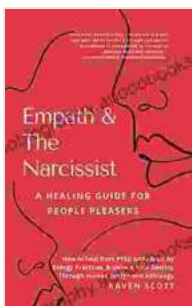
How to overcome narcissistic abuse, recover from PTSD, codependency and gaslighting manipulation.

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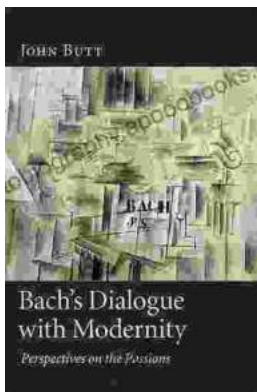
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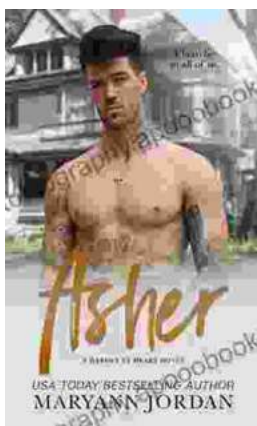
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