

## BOOK LIST - Overcoming People Pleasing Behaviors

<b>Book Title</b>	<b>Author</b>	<b>Topic</b>	<b>NOTES</b>
<b><i>Boundaries</i></b>	Drs. Cloud & Townsend	Healthy boundary setting & maintenance.	More in the series <a href="#">here</a>
<b><i>7 Pillars of Self-Esteem</i></b>	Nathaniel Branden	Deep look at the effect self-esteem has on the development of self identity.	More by this author <a href="#">here</a>
<b><i>The Disease to Please</i></b>	Harriet B. Braiker, PhD	People pleasing behaviors as a syndrome and various ways it presents itself.	More by this author <a href="#">here</a>
<b><i>Pleasing You is Destroying Me</i></b>	Bobbie Reed	Wean off the craving for external approval; develop a strong sense of self-esteem.	
<b><i>When Making Others Happy is Making You Miserable</i></b>	Karen Ehman	How to live out your priorities despite the expectation of others.	More by this author <a href="#">here</a>
<b><i>Secure In Heart</i></b>	Robin Weidner	Overcoming insecurity in a woman's life.	More by this author <a href="#">here</a>
<b><i>Worthy - Embracing Your Identity in Christ</i></b>	Daily Grace Co.	A 4-week study discovering God's definition of our identity.	More from this company <a href="#">here</a>
<b><i>When It's Never About You</i></b>	Ilene S. Cohen, PhD	The people pleaser's guide to reclaiming your health, happiness, and personal freedom	More by this author <a href="#">here</a>
<b><i>Not Nice</i></b>	Aziz Gazipura	Stop people pleasing, staying silent, and feeling guilty. Start speaking up, saying no, asking boldly, and unapologetically being yourself.	More about this author <a href="#">here</a>

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