

BOOK LIST - Overcoming People Pleasing Behaviors

Book Title	Author	Topic	NOTES
<i>Boundaries</i>	Drs. Cloud & Townsend	Healthy boundary setting & maintenance.	More in the series here
<i>7 Pillars of Self-Esteem</i>	Nathaniel Branden	Deep look at the effect self-esteem has on the development of self identity.	More by this author here
<i>The Disease to Please</i>	Harriet B. Braiker, PhD	People pleasing behaviors as a syndrome and various ways it presents itself.	More by this author here
<i>Pleasing You is Destroying Me</i>	Bobbie Reed	Wean off the craving for external approval; develop a strong sense of self-esteem.	
<i>When Making Others Happy is Making You Miserable</i>	Karen Ehman	How to live out your priorities despite the expectation of others.	More by this author here
<i>Secure In Heart</i>	Robin Weidner	Overcoming insecurity in a woman's life.	More by this author here
<i>Worthy - Embracing Your Identity in Christ</i>	Daily Grace Co.	A 4-week study discovering God's definition of our identity.	More from this company here
<i>When It's Never About You</i>	Ilene S. Cohen, PhD	The people pleaser's guide to reclaiming your health, happiness, and personal freedom	More by this author here
<i>Not Nice</i>	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 here
<i>Securely Held</i>	Cheryl Pelton Lutz	Experience freedom from approval-seeking and deepen your security in God.	More about this author: CherylLutz.com

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<i>The Courage to Be Yourself</i>	Sue Patton Thoele	Tools to help you learn to set boundaries, change self-defeating patterns of behavior, communicate effectively and become a loving and tolerant friend to yourself.	More about this author: www.suepattonthoele.com
<i>Stop People Pleasing</i>	Hailey Paige Magee	How anyone can break the pattern by learning their own feelings, needs, values, and desires; ending cycles of enmeshment and codependency; overcoming guilt; developing physical and sexual agency; and more.	More about this author: Hailey Paige Magee
<i>Fawning</i>	Dr. Ingrid Clayton	Discusses WHY we fawn, HOW to recognize the signs of fawning (including taking blame, conflict avoidance, hypervigilance, and caretaking at the expense of ourselves), and WHAT we can do to successfully “unfawn” and finally be ourselves, in all our imperfect perfection.	More about this author: www.ingridclayton.com

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