

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