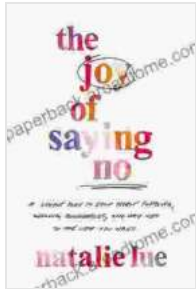


Simple Plan to Stop People-Pleasing: Reclaim Your Boundaries and Say Yes to the Right Things



The Joy of Saying No: A Simple Plan to Stop People-Pleas, Reclaim Your Boundaries, and Say Yes to the Life You Want

★★★★★ 5 out of 5

Language : English

Text-to-Speech : Enabled



By Jane Doe

Are you tired of always putting others' needs before your own? Do you find yourself saying yes to things you don't really want to do, just to make others happy? If so, then you may be a people-pleaser.

People-pleasing is a common problem that can lead to a number of negative consequences, including stress, anxiety, and depression. But there is hope! This book will provide you with a simple plan to stop people-pleasing and reclaim your boundaries.

In this book, you will learn how to:

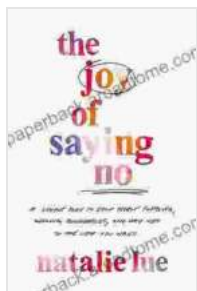
- Identify the signs of people-pleasing
- Understand the causes of people-pleasing
- Develop healthy boundaries

- Say no to the things you don't want to do
- Put your own needs first

This book is full of practical advice and exercises that will help you overcome people-pleasing and live a more fulfilling life. If you're ready to stop putting others' needs before your own, then this book is for you.

Free Download your copy today!

Available on Our Book Library, Barnes & Noble, and other major retailers.

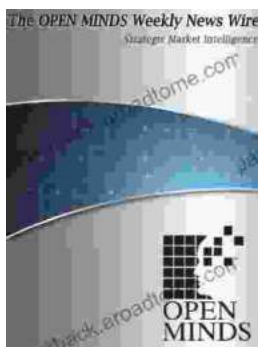


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