

Revolutionary Practices For The Chronically Nice

"Anxious to Please contains information that almost everyone needs to read. If you want to rebirth your life and repent yourself you need to read this book and begin the journey to a new and authentic life."

—Bernie Siegel, M.D., *New York Times* bestselling author of *101 Exercises for the Soul*, *365 Prescriptions for the Soul* and *Prescriptions for Living*

ANXIOUS TO PLEASE

**7 REVOLUTIONARY
PRACTICES FOR THE
CHRONICALLY NICE**

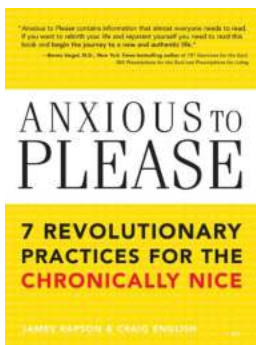
JAMES RAPSON & www.ebook3000.com

Are you tired of always putting others' needs before your own? Do you find it challenging to set boundaries and assert yourself in various situations? If you answered yes to these questions, then this article is for you! We will explore

some revolutionary practices that can help those who are chronically nice to find their voice and prioritize their own wellbeing.

1. Self-reflection and Awareness

The first step towards breaking the cycle of chronic niceness is self-reflection and awareness. Take the time to analyze your behavior and identify patterns where you tend to prioritize others over yourself. Understanding the underlying reasons behind this behavior is crucial for initiating change.



Anxious to Please: 7 Revolutionary Practices for the Chronically Nice by Craig English (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English
File size : 1364 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 242 pages



By gaining awareness of your own needs and aspirations, you can start making conscious decisions to prioritize your own wellbeing without feeling guilty.

2. Boundaries and Assertiveness

Setting boundaries is essential for preventing others from taking advantage of your niceness. Learn to say no when necessary and communicate your needs clearly. Practice assertiveness in your interactions, expressing your opinions and standing up for yourself.

Remember, being nice does not mean sacrificing your own happiness and mental health. It is possible to be kind and assertive simultaneously.

3. Self-Care and Prioritization

One of the key revolutionary practices for the chronically nice is prioritizing self-care. Make time for activities that bring you joy and fulfillment. Establish a routine that includes adequate rest, exercise, healthy eating, and leisure activities.

Prioritizing self-care will not only benefit you but also enable you to better serve others without feeling depleted.

4. Emotional Intelligence and Empathy

Being kind and nice is not a weakness, but being overly nice without considering your own needs can lead to burnout and resentment. Develop emotional intelligence skills to understand your emotions and those of others.

Practicing empathy towards yourself is equally important as being empathetic towards others. Treat yourself with the same compassion and understanding that you extend to those around you.

5. Seeking Support

Breaking the cycle of chronic niceness can be challenging. Don't hesitate to seek support from friends, family, or professionals. They can provide guidance, reassurance, and help you stay accountable during your journey of self-transformation.

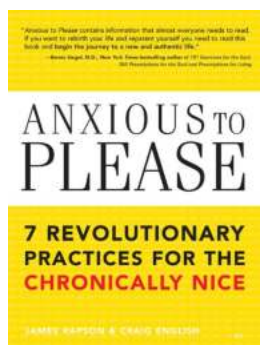
Remember, asking for help is a sign of strength, not weakness.

6. Celebrate Small Victories

As you start implementing these revolutionary practices, celebrate small victories along the way. Recognize and appreciate your progress, no matter how small it may seem. Each step towards prioritizing your own wellbeing is a significant achievement.

Unexpected benefits, such as improved relationships, increased self-confidence, and overall happiness, can also result from embracing these revolutionary practices.

In , it is possible for the chronically nice to break free from patterns of prioritizing others over themselves. By practicing self-reflection, setting boundaries, prioritizing self-care, developing emotional intelligence, seeking support, and celebrating small victories, you can revolutionize your life and find a healthier balance between kindness and self-compassion.



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Do you (or does someone you know)...

--Apologize frequently or for things you are not responsible for?

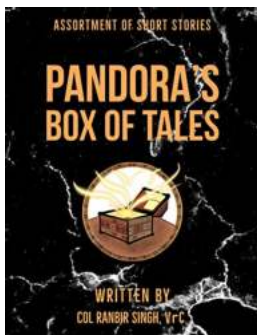
--Get preoccupied with what other people think of you?

- Become unhappy when your partner isn't happy?
- Feel worried or fretful so often it seems normal?
- Often not know what you want?
- Constantly second-guess yourself?

Chronic Niceness affects multitudes, causing severe anxiety and depression, crippling self-esteem, and undermining and destroying relationships

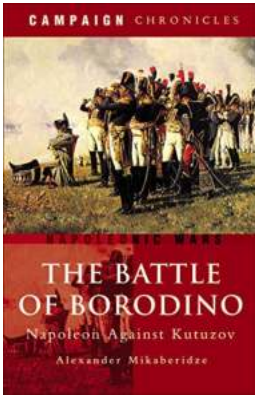
Anxious to Please reveals the primary psychological cause of Chronic Niceness--Anxious Attachment. Anxious Attachment drives the Nice Person to accommodate, acquiesce and avoid conflict. Nice People take what they're given rather than asking for what they want, often sacrificing relationship, careers and their own integrity.

Anxious to Please presents seven powerful practices designed to bring about: resilient self-esteem; a happier and calmer emotional life; a reality-based optimism for the future; fulfilling sex; and satisfying relationships.



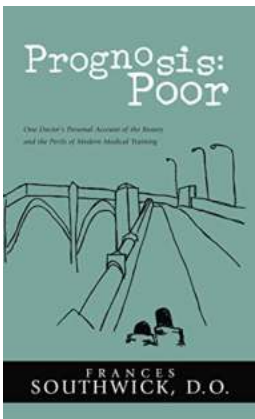
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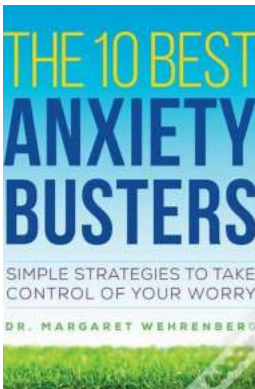
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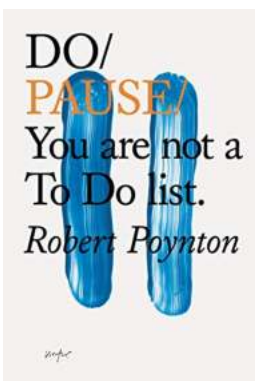
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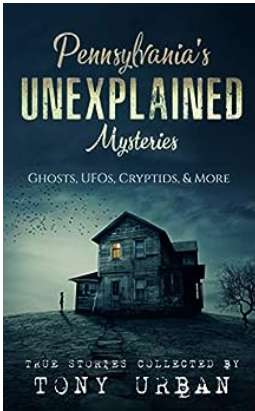
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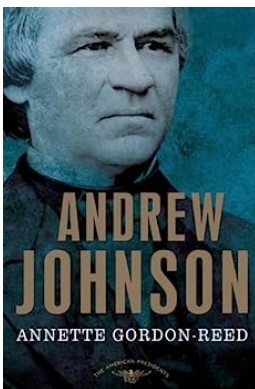
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