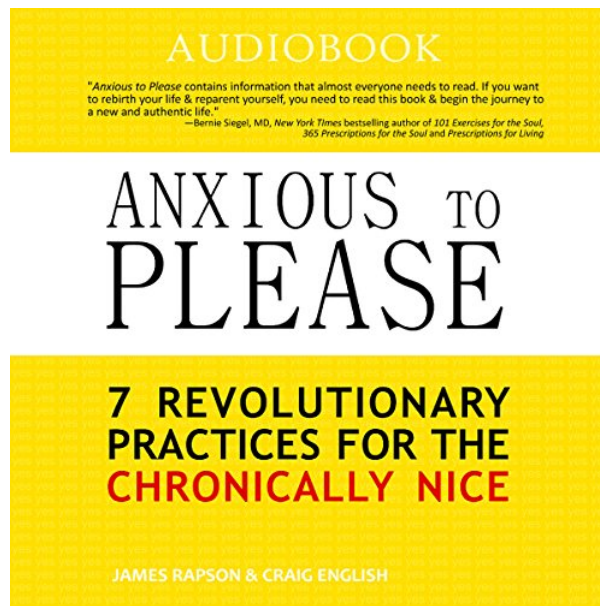


ANXIOUS TO PLEASE: 7 REVOLUTIONARY PRACTICES FOR THE CHRONICALLY NICE BY CRAIG ENGLISH, JAMES RAPSON



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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 relationships, 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.

- Sales Rank: #61020 in Audible
- Published on: 2012-05-21
- Format: Unabridged
- Original language: English
- Running time: 404 minutes

Most helpful customer reviews

29 of 30 people found the following review helpful.

yes, you CAN be too nice!

By Glen Dodge

Anxious to Please is a great book for anyone who has problems being too nice (if you find yourself always trying to please other people, or apologizing a lot, or worrying what other people think). Just read the nice list in the first chapter and you'll know if it's you. This book explains the psychological source of the problem (anxious attachment), where it came from and how it works. More importantly, the main portion of the book is devoted to 7 practices which are solid advice about how to change things - become more self-loving, strong and confident, without losing the ability to be kind. I highly recommend this book!

98 of 116 people found the following review helpful.

Counterproductive

By Sean G

I have the same problem with this book that I do with other self-help/spirituality books that are based on Western Buddhism: They all have the same basic framework, and they all simply cause me to be more neurotic, and to beat myself up even more.

The biggest thing I have a problem with is this book's self-professed foundation: "Awareness." All of these Western Buddhism-inspired books tell you to pay attention to every thought and feeling. You're not supposed to do anything with it; you're just supposed to neurotically obsess about every process that goes on in your mind. This is a problem first and foremost because a lot of what happens in your mind is meant to be automatic, without you thinking about it. It's true that any self-help books tries to help you change these automatic, hurtful negative behaviors, but that's the second big problem with this constant vigilance: You aren't given in-depth instructions in this book on what to do with these observations.

And, really, to tell a Nice Person or a codependent person to increase their vigilance is just cruel: We're all hypervigilant to begin with, so if one of our habits is to judge what we do - and it is - then this is only going to make things worse, especially in the short term. This book even issues you a warning that this practice will increase your anxiety in the short term.

Comparing this book to No More Mr. Nice Guy!, the latter is clearly superior. When I read No More Mr. Nice Guy!, I feel empowered, good -- better. I feel like my life is getting better the more I read that book. That's not the case with this book. And No More Mr. Nice Guy is filled with activities, and that's where the true progress is made.

If you like the approach of being aware of your patterns you want to change, I suggest the book When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life. In that book, you're given concrete, pen-and-paper tools that help you observe and work through negative emotions. You're also given hundreds of pages of tools to help you figure out how to heal from these patterns.

This book, at one point, quotes the book A General Theory of Love. That book explores the theory of neural networks, and this book makes a lot out of "ruts"/patterns/neural pathways that form our negative patterns and what makes them so stubborn. It's true that you have to do something different in order to establish more helpful, positive, "happy" pathways, but while this book offers scattered, inconcrete, almost breathlessly "spiritual" descriptions and reasons to change, it fails to give us many tools.

Some of the information in the introductory chapters are useful purely from an intellectual/historical perspective, but I got little practical use/exercises out of this book.

15 of 15 people found the following review helpful.

Anxious To Please Provides Valuable Insight

By Dana Lee

After reading Anxious to Please I had insight into some of my mother's behavior. My memories include her obsessive baking of desserts and giving them away to coworkers, neighbors, doctors, anyone she had contact with. She often couldn't pay her bills but always had money to buy the ingredients for her gifts. It is obvious now that she was one of the original "chronically nice" people. She wanted to be liked by everyone (except perhaps family members who were locked into a relationship by blood). None of these people became real friends.

My husband also identified his father as one of the chronically nice, though he treated his wife very poorly. He gave big parties for extended family and acquaintances paying for literally truck loads of liquor. His dad

also bought people (would be friends) gas for their cars. Generous to a fault? The family was not well to do, and his mother worked in a factory.

This book will, no doubt, give others insight into themselves and into friends and family. I suspect many people will recognize relatives, who might not have always been nice to them, but who gave away time and things to strangers in a quest to be liked.

Dana Paulinski MSW

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