
Women Who Love Too Much

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Start exploring the globe of PDF Women Who Love Too Much today and unlock the possibility for a richer, extra meeting finding out experience.

Women Who Love Too Much *Simon and Schuster*

Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

Women who love too much

when you keep wishing and hoping he'll change *Pocket*

Daily Meditations for Women Who Love Too Much *Arrow*

The in-depth practical companion to the hugely popular bestselling self-help book, Women Who Love Too Much. These meditation exercises will help readers feel happier within themselves, and will pave the way towards happy, successful relationships. In her bestselling self-help book, Women Who Love Too Much, Robin Norwood revolutionised the way we look at love, with a compassionate, intimate book offering a detailed psychological recovery programme for women who love too much - women who are attracted to the wrong men, who neglect their own interests and friends and who are unable to leave tormented relationships for fear of being 'empty without him'. It is a book that speaks to nearly every woman who has ever loved and lost. With multiple millions in sales throughout the world, Women Who Love Too Much remains an invaluable guide to a successful relationship and is an eagerly sought source of help to women and men everywhere. Norwood now enhances the practical wisdom of that book with years' worth of deep reflection and study. The result is a practical guide to relationships, containing a series of daily meditations that promote sane loving and serene living no matter what is - or isn't - happening in your personal life. Each page of Daily Meditations stimulates awareness, offers guidance and enables self-development. Whether you breeze through this charming book in one sitting or savour each meditation a day at a time, the pages of Daily Meditations of Women Who Love Too Much offer fresh inspiration and insights with every reading. It is the ultimate how-to book for anyone in need of relationship help.

Women who Love Books Too Much

Bibliophiles, Bluestockings & Prolific Pens from the Algonquin Hotel to the Ya-Ya Sisterhood *Red Wheel*

An irreverent often hilarious tribute to women who are passionate about books celebrates the librarians, editors, writers, bibliophiles, and book club devotees who have dedicated themselves to the written word. 25,000 first printing.

Women Who Think Too Much

How to Break Free of Overthinking and Reclaim Your Life *Henry Holt and Company*

From one of the nation's preeminent experts on women and emotion, a breakthrough new book about how to stop negative thinking and become more productive It's no surprise that our fast-paced, overly self-analytical culture is pushing many people-especially women-to spend countless hours thinking about negative ideas, feelings, and experiences. Renowned psychologist Dr. Susan Nolen-Hoeksema calls this overthinking, and her groundbreaking research shows that an increasing number of women-more than half of those in her extensive study-are doing it too much and too often, hindering their ability to lead a satisfying life. Overthinking can be anything from fretting about the big questions such as "What am I doing with my life?" to

losing sleep over a friend's innocent comment. It is causing many women to end up sad, anxious, or seriously depressed, and Nolen-Hoeksema challenges the assumption-heralded by so many pop-psychology pundits of the last several decades-that constantly expressing and analyzing our emotions is a good thing. In *Women Who Think Too Much*, Nolen-Hoeksema shows us what causes so many women to be overthinkers and provides concrete strategies that can be used to escape these negative thoughts, move to higher ground, and live more productively. *Women Who Think Too Much* will change lives and is destined to become a self-help classic.

Why Me? Why This? Why Now?

A Guide to Answering Life's Toughest Questions *TarcherPerigee*

Offers a revolutionary perspective on adversity that will empower you to cooperate with your own destiny, live a far more effective life, and heal even the deepest wounds of the heart.

Daily Meditations for Women Who Love Too Much *Penguin*

Robin Norwood revolutionized the way we look at love, with a compassionate, intimate book offering a recovery program for women who love too much—women who are attracted to troubled men, who neglect their own interests and friends, and who are unable to leave tormented relationships for fear of being “empty without him.” With multiple millions in sales throughout the world, her *Women Who Love Too Much* remains an invaluable and eagerly sought source of help to women (and men) everywhere. Norwood now enhances the practical wisdom of that book with years’ worth of deep reflection and study. The result is a series of daily meditations that promote sane loving and serene living no matter what is—or isn’t—happening in your personal life. Illuminated by Richard Torregrossa’s humorous yet sensitive pen-and-ink drawings, each page of this book stimulates awareness, offers guidance, and fosters inner growth. Whether you breeze through this charming book in one sitting or savor each meditation and illustration a day at a time, the pages of *Daily Meditations for Women Who Love Too Much* offer fresh inspiration and insights with every reading.

Women Who Do Too Much

How to Stop Doing It All and Start Enjoying Your Life *Zondervan*

Are you tired of being all things to all people? Are you overwhelmed by busyness, guilt, and stress? *Women Who Do Too Much* has already helped thousands of high-pressured women depressurize. This new edition, streamlined and updated to address the needs of women today, shows you – the women who does too much – how to do less, live better, and accomplish what truly matters. By tackling the larger issues of goals and commitments first, Patricia Sprinkle helps you determine what God created you to do – and helps you focus on doing just that. In addition, she gives tips to help you handle the demands of everyday life, plus quick, simple exercises to help you apply what you learn.

Too Much

How Victorian Constraints Still Bind Women Today *Grand Central Publishing*

Lacing cultural criticism, Victorian literature, and storytelling together, “TOO MUCH spills over: with intellect, with sparkling prose, and with the brainy arguments of Vorona Cote, who posits

that women are all, in some way or another, still susceptible to being called too much.” (Esmé Weijun Wang) A weeping woman is a monster. So too is a fat woman, a horny woman, a woman shrieking with laughter. Women who are one or more of these things have heard, or perhaps simply intuited, that we are repugantly excessive, that we have taken illicit liberties to feel or fuck or eat with abandon. After bellowing like a barn animal in orgasm, hoovering a plate of mashed potatoes, or spraying out spit in the heat of expostulation, we’ve flinched-ugh, that was so gross. I am so gross. On rare occasions, we might revel in our excess--belting out anthems with our friends over karaoke, perhaps--but in the company of less sympathetic souls, our uncertainty always returns. A woman who is Too Much is a woman who reacts to the world with ardent intensity is a woman familiar to lashes of shame and disapproval, from within as well as without. Written in the tradition of *Shrill*, *Dead Girls*, *Sex Object* and other frank books about the female gaze, *TOO MUCH* encourages women to reconsider the beauty of their excesses--emotional, physical, and spiritual. Rachel Vorona Cote braids cultural criticism, theory, and storytelling together in her exploration of how culture grinds away our bodies, souls, and sexualities, forcing us into smaller lives than we desire. An erstwhile Victorian scholar, she sees many parallels between that era's fixation on women's "hysterical" behavior and our modern policing of the same; in the space of her writing, you're as likely to encounter Jane Eyre and Lizzie Bennet as you are Britney Spears and Lana Del Rey. This book will tell the story of how women, from then and now, have learned to draw power from their reservoirs of feeling, all that makes us "Too Much."

Letters from Women Who Love Too Much

In Norwood's first book she explored relationship addiction. Now she responds to readers' questions and reveals the key to recovery. Norwood seems to know the value of asking the right questions . . . Eureka! A self-help book with a sense of perspective.--San Francisco Chronicle.

Men Who Hate Women and the Women Who Love Them

When Loving Hurts And You Don't Know Why *Bantam*

Is this the way love is supposed to feel? • Does the man you love assume the right to control how you live and behave? • Have you given up important activities or people to keep him happy? • Is he extremely jealous and possessive? • Does he switch from charm to anger without warning? • Does he belittle your opinions, your feelings, or your accomplishments? • Does he withdraw love, money, approval, or sex to punish you? • Does he blame you for everything that goes wrong in the relationship? • Do you find yourself “walking on eggs” and apologizing all the time? If the questions here reveal a familiar pattern, you may be in love with a misogynist — a man who loves you, yet causes you tremendous pain because he acts as if he hates you. In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in these negative relationships to help you understand your man’s destructive pattern and the part you play in it. She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man. **BONUS:** This edition contains an excerpt from Susan Forward's *Toxic Parents*.

Wild Women and Books

Bibliophiles, Bluestockings & Prolific Pens *Conari Press*

A tribute to women who are passionate about books celebrates

the librarians, editors, writers, bibliophiles, and book club devotees who have dedicated themselves to the written word.

How to Break Your Addiction to a Person *Bantam*

A renowned psychotherapist explains how to evaluate a relationship and offers practical advice on how to get out of a relationship that is no longer satisfying, offering advice on understanding the difference between good and bad relationships, surviving the pain of breaking up, addictive behavior, and more. Reprint.

Women Who Love Cats Too Much

A zany sequel to the best-selling *101 Reasons Why a Cat Is Better Than a Man* offers a collection of whimsical advice for cat lovers, explaining how to tell if the relationship with one's cat has gotten out of control. Original. IP.

The New Codependency

Help and Guidance for Today's Generation *Simon and Schuster*

In *Codependent No More*, Melody Beattie introduced the world to the term codependency. Now a modern classic, this book established Beattie as a pioneer in self-help literature and endeared her to millions of readers who longed for healthier relationships. Twenty-five years later concepts such as self-care and setting boundaries have become entrenched in mainstream culture. Now Beattie has written a followup volume, *The New Codependency*, which clears up misconceptions about codependency, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness. The question remains: What is and what is not codependency? Beattie here reminds us that much of codependency is normal behavior. It's about crossing lines. There are times we do too much, care too much, feel too little, or overly engage. Feeling resentment after giving is not the same as heartfelt generosity. Narcissism and self-love, enabling and nurturing, and controlling and setting boundaries are not interchangeable terms. In *The New Codependency*, Beattie explores these differences, effectively invoking her own inspiring story and those of others, to empower us to step out of the victim role forever. Codependency, she shows, is not an illness but rather a series of behaviors that once broken down and analyzed can be successfully combated. Each section offers an overview of and a series of activities pertaining to a particular behavior -- caretaking, controlling, manipulation, denial, repression, etc. -- enabling us to personalize our own step-by-step guide to wellness. These sections, in conjunction with a series of tests allowing us to assess the level of our codependent behavior, demonstrate that while it may not seem possible now, we have the power to take care of ourselves, no matter what we are experiencing. Punctuated with Beattie's renowned candor and intuitive wisdom, *The New Codependency* is an owner's manual to learning to be who we are and gives us the tools necessary to reclaim our lives by renouncing unhealthy practices.

Power Thoughts *Hay House, Inc*

"This little book is filled with positive affirmations. Every thought you think and every word you speak is an affirmation. So why not choose to use only positive affirmations to create a new way of thinking, acting, and feeling?...By reading these affirmations—one a day, several at a time, or just by opening the book at random—you're taking the first step toward building a more rewarding life...I know you can do it!" – Louise L. Hay

Love Yourself BIG: A Guide For Women Who Give Too Much (Prioritize Your Well-Being, Practice Self-Care & Purge Toxic Energy)

It's time for a TIME-OUT on Over-Giving... Is somebody else's problems always your problems? Do you say yes when you want to say no? Do you feel guilty when you try to set boundaries? These are just a few signs that you may be an over-giver. Over-givers are great at caring for everyone else, except themselves. They are often sleep deprived, over-scheduled, exhausted, angry, annoyed, guilt-ridden, wearing multiple hats at one time and have a chronic pattern of self-neglect. Over-givers have BIG hearts, the problem is they forget to LOVE themselves. *Love Yourself BIG* is about turning your attention, time and energy inwards and learning to prioritize your own well-being, practice self-care and purge toxic energy. Here's some of what you'll discover in this book: Top Signs You May Be An Over-Giver How To Create Your Absolute No And Your Absolute Yes List How To Stop Feeling Guilty For Taking Care Of Yourself And Learn "Enlightened Self-Interest" Strategies To Remove 25% Of What Is Currently On Your Plate So You Have More ME-TIME A Master Self-Care List That You Can Customize For Yourself Why The First Hour Of Your Day Matters The Most What Your Clutter Says About You And How To Create A Soul-Nurturing Environment How To Get Rid Of The Boundary-Busters In Your Life And More! It's time for a TIME-IN! Time for you to get control of the outflow of your time and energy; and to bring all of that lost energy back towards yourself, for your dreams and your happiness. The author, Michelle Kulp is a recovering people-pleaser, over-giver and self-neglector. She wrote *Love Yourself BIG* because it's a book she wished she had for herself when she was younger. She loves inspiring women to put themselves first and to learn "Enlightened Self-Interest!" If you're ready to overcome being an over-giver, then click the BUY NOW button and take the journey with Michelle to becoming a master of your own self-care!

The New Rules

The Dating, Dos and Don'ts for the Digital Generation *Piatkus Books*

The Rules taught a generation of women how to turn their dating misery into marriage success. Dating gurus Ellen Fein and Sherrie Schneider showed millions of women how 'playing hard to get' could help them capture the heart of Mr Right. Their book proved controversial, sparked worldwide debate and became a publishing phenomenon. But that was all before Twitter, Facebook, online dating, texting and BBM. There are now even more ways to mess up your dating life. Ellen and Sherrie are regularly inundated with messages from women wanting to know: how to maintain a good profile on Facebook, the rules for texting, emailing and tweeting, and how to spot cheaters and players. This is the new dating bible for Rules Girls who want to have a good time dating without getting hurt or played.

Seductress

Women Who Ravished the World and Their Lost Art of Love *Penguin*

In this road map to restoring feminine sexual power, Betsy Prioleau introduces and analyzes the stories and stratagems of history's greatest seductresses. These are the women who ravished the world—from such classic figures as Cleopatra and Mae West to such lesser-known women as the infamous Violet Gordon Woodhouse, who lived in a ménage with four men. Smarts, imagination, courage, and killer charm helped these love maestras claim the men of their choice and keep them fascinated

for life. Through an exposé of their secrets, *Seductress* provides an authoritative, empowering guide to erotic sovereignty.

Women Who Do Too Much

Stress and the Myth of the Superwoman *HarperPrism*

A supportive guide for round-the-clock women on-the-go explains how to set realistic goals, move beyond blame and guilt, establish priorities, develop unique abilities and style, and handle stress. Reprint.

Here on Earth *Penguin Group*

A seductive and mesmerizing story of obsessive love from the New York Times bestselling author of *The Rules of Magic*. After nineteen years in California, March Murray returns to the small Massachusetts town where she grew up. For all this time, March has been avoiding her own troubled history, but when she encounters Hollis—the boy she loved so desperately, the man who has never forgotten her—the past collides with the present as their reckless love is reignited. This dark romantic tale asks whether it is possible to survive a love that consumes you completely. The answers March Murray discovers are both heartbreaking and wise, as complex as they are devastating—for in heaven and in our dreams, love is simple and glorious. But it is something altogether different here on earth...

Obsessive Love

When It Hurts Too Much to Let Go *Bantam*

A guide to overcoming obsessive love presents case histories of men and woman caught in the grip of obsessive passion and describes a step-by-step program that shows readers how to have healthy, lasting, pain-free relationships. Reprint.

Meditations for Women Who Do Too Much *HarperOne*

Daily meditations to help women break the cycle of doing too much- for workaholics, rushaholics, and careaholics. Many of today's women are overextended- addicted to working, rushing, taking care of 'other' people's needs. With wisdom, insight, a

If I Ran the Zoo *Random House Books for Young Readers*

Gerald tells of the very unusual animals he would add to the zoo, if he were in charge.

Marry Him

The Case for Settling for Mr. Good Enough *Penguin*

An eye-opening, funny, painful, and always truthful in-depth examination of modern relationships and a wake-up call for single women about getting real about Mr. Right. You have a fulfilling job, great friends, and the perfect apartment. So what if you haven't found "The One" just yet. He'll come along someday, right? But what if he doesn't? Or what if Mr. Right had been, well, Mr. Right in Front of You—but you passed him by? Nearing forty and still single, journalist Lori Gottlieb started to wonder: What makes for lasting romantic fulfillment, and are we looking for those qualities when we're dating? Are we too picky about trivial things that don't matter, and not picky enough about the often overlooked things that do? In *Marry Him*, Gottlieb explores an all-too-common dilemma—how to reconcile the desire for a happy marriage with a list of must-haves and deal-breakers so long and complicated that many great guys get misguidedly eliminated. On a quest to find the answer, Gottlieb sets out on her own journey in search of love, discovering wisdom and surprising insights from sociologists and neurobiologists, marital

researchers and behavioral economists—as well as single and married men and women of all generations.

Adolescent Sex and Love Addicts *Greenwood Publishing Group*

A discussion of how teenagers can become addicted to sex and love just as they can be addicted to chemicals.

The Man Who Loved Books Too Much

The True Story of a Thief, a Detective, and a World of Literary Obsession *Penguin*

In the tradition of *The Orchid Thief*, a compelling narrative set within the strange and genteel world of rare-book collecting: the true story of an infamous book thief, his victims, and the man determined to catch him. Rare-book theft is even more widespread than fine-art theft. Most thieves, of course, steal for profit. John Charles Gilkey steals purely for the love of books. In an attempt to understand him better, journalist Allison Hoover Bartlett plunged herself into the world of book lust and discovered just how dangerous it can be. John Gilkey is an obsessed, unrepentant book thief who has stolen hundreds of thousands of dollars worth of rare books from book fairs, stores, and libraries around the country. Ken Sanders is the self-appointed "bibliodick" (book dealer with a penchant for detective work) driven to catch him. Bartlett befriended both outlandish characters and found herself caught in the middle of efforts to recover hidden treasure. With a mixture of suspense, insight, and humor, she has woven this entertaining cat-and-mouse chase into a narrative that not only reveals exactly how Gilkey pulled off his dirtiest crimes, where he stashed the loot, and how Sanders ultimately caught him but also explores the romance of books, the lure to collect them, and the temptation to steal them. Immersing the reader in a rich, wide world of literary obsession, Bartlett looks at the history of book passion, collection, and theft through the ages, to examine the craving that makes some people willing to stop at nothing to possess the books they love.

Ghosted and Breadcrumbed

Stop Falling for Unavailable Men and Get Smart about Healthy Relationships *New World Library*

Break Free from Unfulfilling Relationship Patterns Psychotherapist Dr. Marni Feuerman offers profound and insightful advice for all those who find themselves in painful and unsatisfying relationships again and again. She offers explanations and solutions for why we attract and accept poor treatment, experience a lack of emotional connection from romantic partners, and often reject the good ones. Based on the science of love, neurobiology, and attachment, as well as Dr. Feuerman's clinical experience, this book will help you recognize why you get stuck and how to change these patterns for good. Her practical guidance, illustrated by real-life examples, will teach you how to spot and exit these situations and create healthy relationships that provide the love and support you deserve.

The Alpha Female's Guide to Men and Marriage

How Love Works *Post Hill Press*

Why--

A Guide to Answering Life's Toughest Questions *Hci*

In this paradigm-shattering book, the author of "Women Who Love Too Much" describes for readers what years of intense

study, reflection, and attention to subtle energies have taught her about the meaning--and the gifts--of adversity. Norwood comforts readers with stories of others who have suffered, stories that reassure them that they are not alone.

In Bloom *Zebra Books*

Just in time for Mother's Day, this heartwarming collection of springtime stories from mega-bestselling authors Fern Michaels, Lori Foster, and Carolyn Brown is a celebration of mothers, daughters, and coming home... Just as flowers blossom in springtime, so do second chances and new beginnings in these heartwarming stories of family, homecoming, and love... **AMAZING GRACIE** * Fern Michaels After years spent traveling the world as a flight attendant, Gracie Walden is ready to stay a little closer to her roots, starting with two weeks at home in Amarillo, Texas. But there's unexpected turbulence between her mother, Ella, and her older sister, Hope--and it will lead to a revelation that changes Gracie's life in amazing ways . . . **MEANT TO BE** * Lori Foster When Cory Creed was just a little girl, she knew she'd grow up to marry Austin Winston--and she made the mistake of telling him so. Tired of watching him avoid her ever since, Cory has decided it's time to leave Visitation, North Carolina, and Austin, behind. But Austin has finally realized what Cory was once so sure of, and now it's his turn to prove they belong together...with a little help from their mothers. **THE MOTHER'S DAY CROWN** * Carolyn Brown Monica Allen still hasn't forgiven Tyler Magee for breaking her heart when they were teenagers. Ten years on, they're back in Luella, Texas, visiting their respective grandmothers. and there's just a white picket fence and a whole lot of awkwardness between them. Will two weeks be long enough for Monica to learn to stop holding a grudge--and hold on to love?

The Turnaway Study

Ten Years, a Thousand Women, and the Consequences of Having—or Being Denied—an Abortion *Simon and Schuster*

"A groundbreaking and illuminating look at the state of abortion access in America and the first long-term study of the consequences--emotional, physical, financial, professional, personal, and psychological--of receiving versus being denied an abortion on women's lives"--

Women who Worry Too Much

How to Stop Worry & Anxiety from Ruining Relationships, Work & Fun *New Harbinger Publications*

An expert in the study of worry and anxiety provides women with simple, engaging, proven effective CBT and mindfulness-based exercises and strategies to combat excessive worry, freeing them up to lead a more productive, stress-free life.

Ready Player One *Ballantine Books*

#1 NEW YORK TIMES BESTSELLER • Now a major motion picture directed by Steven Spielberg. "Enchanting . . . Willy Wonka meets The Matrix."—USA Today • "As one adventure leads expertly to the next, time simply evaporates."—Entertainment Weekly A world at stake. A quest for the ultimate prize. Are you ready? In the year 2045, reality is an ugly place. The only time Wade Watts really feels alive is when he's jacked into the OASIS, a vast virtual world where most of humanity spends their days. When the eccentric creator of the OASIS dies, he leaves behind a series of fiendish puzzles, based on his obsession with the pop culture of decades past. Whoever is first to solve them will inherit his vast fortune—and control of the OASIS itself. Then Wade cracks the

first clue. Suddenly he's beset by rivals who'll kill to take this prize. The race is on—and the only way to survive is to win. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** Entertainment Weekly • San Francisco Chronicle • Village Voice • Chicago Sun-Times • iO9 • The AV Club "Delightful . . . the grown-up's Harry Potter."—HuffPost "An addictive read . . . part intergalactic scavenger hunt, part romance, and all heart."—CNN "A most excellent ride . . . Cline stuffs his novel with a cornucopia of pop culture, as if to wink to the reader."—Boston Globe "Ridiculously fun and large-hearted . . . Cline is that rare writer who can translate his own dorky enthusiasms into prose that's both hilarious and compassionate."—NPR "[A] fantastic page-turner . . . starts out like a simple bit of fun and winds up feeling like a rich and plausible picture of future friendships in a world not too distant from our own."—iO9

Statistics Without Tears

A Primer for Non-mathematicians

Sense and Sensibility

Knowing Your Value

Women, Money, and Getting what You're Worth *Weinstein Books*

The author interviews a number of prominent women--including comedian Susie Essman, writer and director Nora Ephron and TV personality Joy Behar--to reveal the ways that everyday women can achieve their deserved recognition and financial worth in today's professional world.

The Book That Changed My Life

Interviews with National Book Award Winners and Finalists *Modern Library*

Every reader can name at least one book that changed his or her life—and many more beloved titles will surely come to mind as well. In *The Book That Changed My Life*, fifteen of America's most influential authors discuss their own special literary choices. These unique interviews with National Book Award winners and finalists offer new insights into the many ways in which the experience of reading shapes the act of writing. Robert Stone on Joseph Conrad's *Victory*, Cynthia Ozick on Henry James's *Washington Square*, Charles Johnson on Jack London's *The Sea-Wolf*—each approaches the question of literary influence, while offering rich and wonderful revelations about his or her own writing career. James Carroll, Don DeLillo, E. L. Doctorow, Diane Johnson, Philip Levine, David Levering Lewis, Barry Lopez, David McCullough, Alice McDermott, Grace Paley, Linda Pastan, and Katherine Paterson are the other distinguished contributors to this collection of informed, insightful interviews.

The Nice Girl Syndrome

Stop Being Manipulated and Abused -- and Start Standing Up for Yourself *John Wiley & Sons*

How women can overcome the pressure to please others and feel free to be their true selves Are you too nice for your own good? Do family members manipulate you? Do coworkers take advantage of you? If this sounds familiar, read *The Nice Girl Syndrome*. In this breakthrough guide, renowned author and therapist Beverly Engel, who has helped thousands of women recognize and leave emotionally abusive relationships, can show you how to take control of your life and take care of yourself.

Engel explains that women today simply cannot afford to be Nice Girls, because women who are too nice send the message that they are easy targets and are much more likely to be victimized emotionally, physically, and sexually. She identifies the seven different types of Nice Girls and helps you understand which type or types might apply to you. Engel helps you determine whether the Nice Girl Syndrome is keeping you in an abusive relationship or in manipulative situations and helps you change Nice Girl beliefs and behaviors that are holding you back. Shows you how to confront the beliefs and behaviors that keep you stuck in a Nice Girl act as you replace them with healthier, more empowering ones Includes inspiring stories of women Engel has worked with who have found the courage and strength to stop

taking abuse and start standing up for themselves "This book will challenge, entertain, and empower its readers."--Publishers Weekly (starred review) Written by renowned author and therapist Beverly Engel, who has helped thousands of women recognize and leave emotionally abusive relationships Filled with wise advice, powerful exercises, and practical prescriptions, The Nice Girl Syndrome shows you step by step how to take control of your life and be your own strong woman.

Goodbye Mr. Ex *Ecademy Press*

Pearson identifies what keeps most women struggling in the pain and anger of their ex-relationships and why they keep having their buttons pushed. She offers a pro-active approach to free women from their pasts in a quick and painless fashion.