



Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes

Duke Robinson

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You were reared to be socially acceptable. You think of yourself as a fairly nice person. Yet you find that **so many of the nice things you do leave you feeling burned out, bottled up, and bumbling.**

Robinson **nails nine *such mistakes* we nice people make every day.** Look at the book's Contents page that lists them, and **see if it doesn't feel like you're looking in a mirror!**

This book will show you how to correct these mistakes and behave in ways that will help you avoid stress, frustration and embarrassment. You quite quickly will learn how to:

- Let go of your need to be perfect and to please everyone all the time.
- Say "no" to requests for your energy and time, and feel wonderful doing so.
- Tell others directly what you want from them, and actually receive it.
- Express anger without blowing up and losing your valued relationships
- Disarm those who wrongly or irrationally criticize or attack you.
- Be both honest with, and gracious toward, those who fail or disappoint you.
- Cease giving advice to others and feel good simply giving them information.
- Be genuinely helpful to addicted loved ones, rather than try to rescue them.
- Stop attempting to protect those in grief and begin supporting them.

This remarkable book will empower you to make these changes and liberate you for a richer more enjoyable life ... **and you still will be a nice person!**

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