

WHEN PLEASEING YOU IS KILLING ME

A WORKBOOK

SMALL-GROUP
LEADER'S
GUIDE
included

LES CARTER, PH.D.

Coauthor of the bestselling The Anger Workbook

When Pleasing You Is Killing Me A Workbook

Micki Fine



When Pleasing You Is Killing Me A Workbook:

When Pleasing You Is Killing Me Les Carter, 2007 Nationally known psychotherapist Les Carter formerly of the Minirth Meier Clinic shows readers how to develop their God given gift of service without allowing others to take advantage of them

The Anger Workbook Les Carter, Frank Minirth, 2012-10-29 A field guide to understanding and managing anger what it is where it comes from and how to get it under control Many people assume that anger is the emotion that leads to raised voices and violence and this kind of explosive rage is certainly a reality But there are many different types of anger from the simmering to the shutting down Most of us experience some form of anger or its effects The good news is that anger can be controlled Founded on thirteen faith based steps designed to recognize and manage anger The Anger Workbook is an interactive guide to transforming patterns and behaviors with the help of biblical principles and evidence based treatment Best selling author and practicing counselor Les Carter Ph D and author and Christian psychiatrist Frank Minirth M D draw on their years of experience and expertise to demystify the problem of anger Throughout this workbook you will learn How to identify situational anger in yourself or others as well as patterns of relating thinking and behaving that may lead to feelings of anger How emotions like fear loneliness and inferiority create anger How to uncover and eliminate myths that perpetuate anger such as Letting go of my anger means I am conceding defeat Or No one understand my unique problems For parents how to manage a child s anger As we get to know and understand anger whether it s our own or a loved one s its management becomes far less daunting Anger can be controlled

Loving Yourself Sherrie Campbell PH.D., 2012-12-03 The purpose of this book is to set you free to be who you really are As you love who you are you will find that you move through life holding your head slightly high and your chest will be expanded and open for love and receiving Your neck will be long and lean your throat open showing you are always ready to share and relate You will know who you are and therefore will feel comfortable to be fully expressed You will no longer worry about what others think of you Why Because you love yourself flaws and all When you love your Self and have your boundaries in place there is not much that can take you off center for too long This book encourages you to shine in your own full expression in this beautiful life where you know you are loved just for being exactly who you are

The Heavens of Idolatry Lisa Stough, 2015-08-25 So you say youre not a perfectionist Your idea of a perfectionist is someone who is well on their way to being perfect and that does not describe you Perfectionism is so cleverly disguised by its symptoms and ripple effects but the problem is the same at the heart idolatry The Heavens of Idolatry challenges Christ followers to consider the possibility that other gods may have set up a throne in their heart As believers we may find ourselves living to please these gods with our identity and worth hanging in the balance of acceptance Or being the diligent Christians that we are we may have elevated ourselves by setting impossible standards for someone else It is the striving and confusion that ensue that causes big problems in a persons life Lisa Stough writes to fellow perfectionists as well as all Christians who are tired of hiding inside their Sunday clothes who have given up on God all

together or who might be wondering what the big deal is about perfectionism She brings Scripture insight and experience together into a journey you can call your own

Coping with Difficult Families Jane McGregor, 2014-02-20 We all have family members who push our buttons Some are poor communicators others are anti social and the rest are out to make our lives a misery With a strong emphasis on empathy and emotional intelligence the book offers practical advice on how to break dysfunctional family dynamics and interact effectively with other members

My Path from Doormat to Dignity Jane Bartelmes, 2020-02-18 Although there are a number of good books on the market that address the topic of emotional abuse *My Path from Doormat to Dignity* is unique It is a personal and passionate story born of pain written by a recovering doormat me that learned her lessons the hard way Using in depth biblical analysis and personal journal entries this book chronicles how one by one I unmasked the lies that fed my passivity and uncovered the truths that set me free Dignity is distinguished from pride discernment from judgement and forgiveness from reconciliation Numerous biblical examples regarding how to be appropriately assertive are cited Jesus Paul and Job in particular Personal illustrations expose the red flags of emotional abuse and the do s and don ts of appropriate confrontation are addressed Quotes from CS Lewis Jane Austen popular movies and TV talk shows add relevancy color and depth I write with the sincerest hope of coming alongside a fellow sufferer someone who feels overwhelming fear and false guilt at the prospect of being assertive

Aime-moi comme je suis Micki Fine, 2015-04-30 Avez vous toujours besoin de l approbation des autres Agir pour les autres et placer leurs besoins avant les v tres est louable mais entre l altruisme sain et le sacrifice de soi il n y a qu un pas Si vous prouvez des difficult s dire non m mes aux demandes les plus d raisonnables vous souffrez peut tre d un besoin chronique de plaire Comment apprendre prendre soin de vous m me tout en restant la personne g n reuse et serviable qui fait le bonheur de votre entourage Ce livre vous propose des techniques simples de mindfulness pour d passer les peurs que cache en g n ral le besoin de plaire peur de ne pas tre aim de ne pas valoir la peine d tre abandonn Il vous invite soigner les blessures d enfance qui vous ont conduit ce mode de relation d passer vos peurs et vous ouvrir des rapports plus authentiques avec les autres

La necesidad de complacer Micki Fine, 2015-03-09 Un libro pr ctico para aprender a superar la necesidad de complacer a los dem s Micki Fine est especializada en el tratamiento de la depresi n el estr s y el dolor Basado en los principios del mindfulness Cuidar de los dem s y demostrarles nuestro cari o es fundamental para nuestro bienestar Sin embargo cuando el deseo de complacer viene motivado por el miedo a que el otro nos retire su amor o incluso a que nos abandone se convierte en una din mica destructiva dolorosa y dif cil de superar Cuando tenemos la sensaci n de no estar a la altura cuando nos esforzamos por hacer o decir lo que creemos que los dem s esperan de nosotros cuando nos cuesta decir no o sacrificamos nuestro propio bienestar por complacer a los dem s o por encajar ha llegado el momento de tomar medidas La propia libertad est en juego y tambi n la felicidad En un apasionante viaje por el coraz n de las din micas que nos limitan Micki Fine psicoterapeuta especializada en t cnicas meditativas desde hace m s de veinte a os nos brinda una poderosa herramienta para superar la tendencia a

complacer y experimentar verdadero amor hacia uno mismo mediante una de las herramientas más poderosas que existen el mindfulness Take the DE- Out of Depression and Press On! Janine A. Alexander M.S.E.,2024-11-19 Take the DE Out of Depression and Press On encourages readers to ask themselves the tough questions that lead to self discovery and spiritual awareness Janine A Alexander M S E has struggled with clinical depression for twenty years Alexander s own experiences with depression will inspire readers to find their way out of the darkness that often accompanies mental illness About the Author Janine A Alexander M S E holds her master s in education with an emphasis on Health Fitness Exercise Physiology She taught high school and middle school science particularly biology for 16 years Her passion for fitness led to being a nationally ranked triathlete at 28 years old before starting her family Alexander has three adult children Amanda Chase and Autumn who have successful careers She has one grandson Oliver and one granddaughter Rosie Alexander is also a published songwriter with BMI and a member of NSAI of Nashville TN **Poems and Healing Practices** Dorothea Lotze,2025-08-12 Body Mind and Spirit are intricately linked when one suffers the others follow Conversely when one heals so do the rest The author a mindfulness meditation and yoga teacher was born in Germany and immigrated to the United States With over 30 years of experience working with survivors of religious abuse she is a liberal Christian minister dedicated to interfaith efforts that identify and heal the wounds of toxic spirituality As a licensed Marriage and Family Therapist LMFT she specializes in trauma and recovery from narcissistic abuse Through her unique approach which incorporates poetry the author guides readers toward their inner authentic selves offering liberating resources and practices designed to facilitate healing *BREAK THE HABIT OF PEOPLE-PLEASING* FRANKLIN S.R.,2021-06-07 This book will serve as a guide for establishing limits and cultivating the assertiveness required to keep them You ll learn how to say no in any case at home or at work based on your beliefs And most of all you ll learn how to persuade your friends and family members employers colleagues and neighbors to respect your limits and acknowledge your personal integrity **Quand un parent vous gâche la vie** Tim McGregor,Dr Jane McGregor,2016-02-12 P re m re s ur fr re conjoint G rer avec intelligence motionnelle un proche difficile On ne choisit pas sa famille Certains proches parent fr re s ur cousin belle m re peuvent nous irriter voire nous g cher carr ment la vie Ces personnalit s difficiles ont diff rents visages qu il faudra comprendre elles peuvent manquer d empathie et ne pas savoir communiquer sans blesser elles peuvent tre hyper motives narcissiques ou encore antisociales Dans tous les cas ces proches minent notre moral En vous aidant d velopper votre intelligence motionnelle ce livre vous offre des conseils pratiques sur la fa on de briser la dynamique d une famille dysfonctionnelle et d interagir efficacement avec vos proches de mieux les comprendre mais aussi de fixer des limites et savoir quand il est n cessaire de rompre les liens de mani re temporaire ou d finitive *THE LITTLE BOOK OF NO REGRETS* Dr Lakshinie Gunasiri,2024-06-22 If you only had one year left to live would you live your life differently What changes would you make What dreams would you bring to life Dr Lakshinie Gunasiri is a paediatrician and coach who when she moved from Sri Lanka

to Australia faced all sorts of new challenges She had also been bullied at medical school and realised she needed to make some serious internal changes if she wanted to create the beautiful and exciting life she had always wanted Personal empowerment is the key that helped Dr Lakshinie make the necessary changes and in this book she outlines her story of self discovery She shares the lessons she learned and gives five simple strategies or life principles readers can apply in their own lives There are also life work sections for each strategy so that you can self reflect along the way According to Dr Lakshinie the human brain is set to achieve one goal after another If you wait until all your goals are achieved to enjoy your life you will be guaranteed to have regrets To have a life without regrets you need to enjoy the process of achieving even if the goal is yet to be achieved Dr Lakshinie also posits that work life balance is a myth that the idea we need to take holidays to rejuvenate is wrong If you need to be rejuvenated you are living life wrong If you are living the life you truly want to live you will be self rejuvenating all the time With a curious eye Dr Lakshinie dissects the different aspects of mental exhaustion to find the patterns and strategies that run our lives helping the reader go on their own journey of self discovery and growth With that she brings to life one of her own great dreams to create a book that helps rapidly transform the reader into an empowered version of themselves with tools they can use anytime anywhere *Jack Taggart Mysteries 8-Book Bundle* Don

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career and their life Within I Love My Job But It s Killing Me teachers learn techniques that will Improve their ability to fall and stay asleep Reduce brain fog and exhaustion brought on by stress Eliminate or greatly minimize aches and pains that interfere with daily work Help them reclaim the energy needed to support their work and family life Gives concrete steps to take when it feels like it s all falling apart *Moon Pack Book Bundle K-Q* Amber Kell,2024-11-12 Contains Keeping Kylan Moon Pack 11 Loving Leif Moon Pack 12 Marking Mikel Moon Pack 13 Needing Noel Moon Pack Book 14 Owing Oliver Moon Pack Book 15 Pursuing Peter Moon Pack Book 16 Questioning Quain Moon Pack Book 17 **The Library of Choice Literature** Ainsworth Rand Spofford,Charles Gibbon,1881 **The Good Karma Diet** Victoria Moran,2015-05-19 Many popular diets call for avoiding some foods or eating others exclusively But as The Good Karma Diet reveals the secret to looking and feeling great is actually quite simple Treat our planet and all its inhabitants well In this revolutionary book bestselling author Victoria Moran reveals that by doing what s best for all creatures and the planet you align your eating with your ethics a powerful health and wellness tool if there ever was one The Good Karma Diet shows readers how favoring foods that are karmically good for you will help you Sustain energy Extend youthfulness Take off those stubborn extra pounds Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped good karma in every aspect of their lives Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living **Death in a Funhouse Mirror (The Thea Kozak Mystery Series, Book 2)** Kate Flora,2011-10-06 After surviving her husband s tragic death then solving her sister s murder Thea Kozak thought her amateur detective days were over until she met a woman who had it all and then some Helene Streeter the perfect wife mother and consummate professional is brutally murdered leaving friends and family with more questions than answers Helene s daughter Thea s old college roommate begs for her help Thea agrees and is drawn into a web of deceit and madness as the lies surrounding Helene unravel releasing the twisted monsters she kept hidden behind her oh so perfect fa ade THE THEA KOZAK MYSTERY SERIES in order Chosen for Death Death in a Funhouse Mirror Death at the Wheel An Educated Death Death in Paradise Liberty or Death Stalking Death Death Warmed Over *Scribner's Magazine* Robert Bridges,Alfred Sheppard Dashiell,Harlan Logan,1899

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