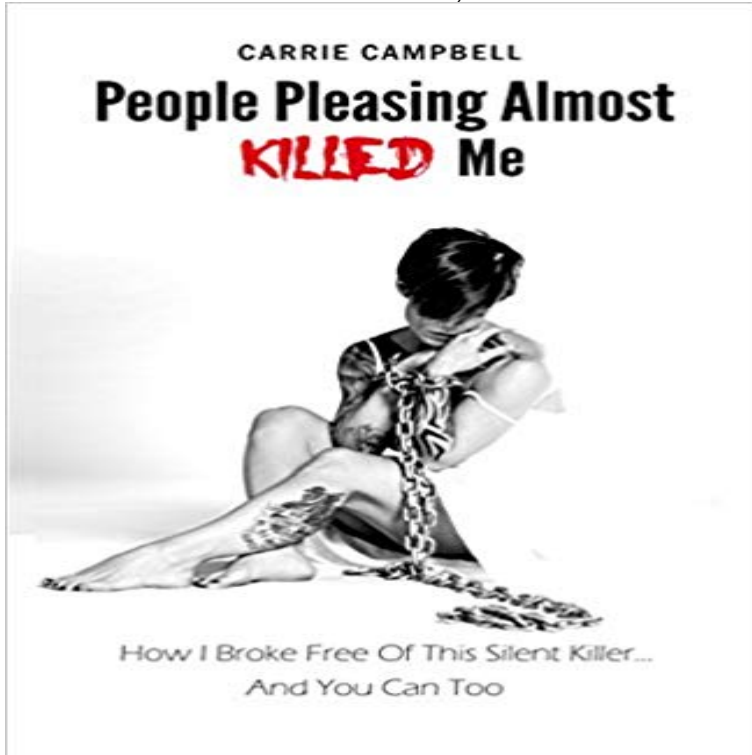


## People Pleasing Almost Killed Me: How I Broke Free Of This Silent Killer.... And You Can, Too



Stop Pleasing Everyone But Yourself It Will Lead To A Slow Death My earliest memories of caring for everyone else's needs first date back to around the age of three. It didn't happen when I had kids, got married, or started my first job. I came to realize years ago that people pleasing has been a part of me for as long as I was able to say, Yes, I can do that for you. But what was cloaked in service and love toward others soon became my dark shadow that kept me up at night. The painful thoughts and emotions that had me waking with dread in each morning, wishing the days away. Bitterness, resentment, and self-loathing eventually took the place of what was once the altruistic nature of my actions. It was killing me slowly and it will do the same to you. Do you constantly put your own wants on hold to take care of others? Do you experience anxiety anytime you want to voice your opinion? Do you stop yourself from saying what you want and bottle it up inside instead? Are you about ready to blow with bitterness and resentment? If so, this book is for you. Travel with me as I open up about my own journey with this silent killer in my life and how I released myself from the chains that kept me stuck. Stop people pleasing today Start LIVING again tomorrow.

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