



The Nice Girl Syndrome: Stop Being Manipulated and Abused -- and Start Standing Up for Yourself

Beverly Engel

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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.

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