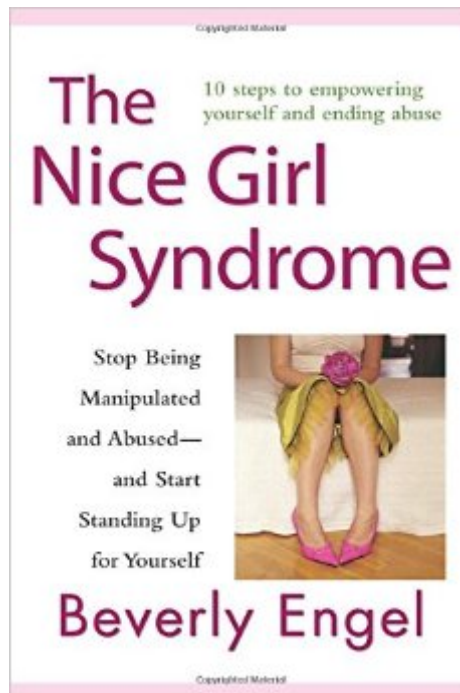


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# The Nice Girl Syndrome: Stop Being Manipulated And Abused -- And Start Standing Up For Yourself



## Synopsis

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.

## Book Information

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## Customer Reviews

This is one of the best books about developing assertiveness in women that I have EVER read. I would heartily recommend this to everyone. Men also will benefit from reading this book as it will empower them to help women who want to change the self-defeatist patterns that being a Nice Girl can only bring. Men will also recognize changes and hopefully be ready to support new, assertive behaviors. Engel does an excellent job of defining "The Nice Girl," the woman who has developed self-defeat behavior patterns of going along with others at the expense of her voice, her identity and her self. Each chapter itemizes the behaviors; provides excellent examples of clients who have fallen into these traps and tools of empowerment to recognize and break out of them. The payoff is great - not only does a person's self esteem rise with assertiveness, they gain greater respect from others. Absolutely NOBODY can respect a sycophant and this book provides helpful tools to dodge the Sycophantic False Agreement Syndrome. Just reading this book is an uplifting experience. Readers will want to reclaim their voices ("John here, speaking with his voice! -- John Lennon, 1963) and their dignity. Helen Reddy's 1973 song, "I Am Woman, Hear Me Roar!" could be the soundtrack of this book. This book is not only a Tool of Empowerment; it is the key to a whole lifestyle change.

I was fortunate enough to find a copy of this book at my local library. I was really interested in reading it as I've been especially frustrated with my 'life-situation' as of late and have noticed a pattern of people using me. I'm the perpetual pleaser who grew up with a depressed dad and a mother who tried to walk on water to save him from misery and self-sabotage. I've found myself in friendships and relationships that seem so draining and I've also been mistreated at jobs, school and social gatherings. The common thread? Me! My boyfriend doesn't seem to work near as hard at giving as I do. He's content to not make all the conversation, not to have to make all the social plans and doesn't wake up in a hurry to make breakfast (as I do for him). He's the un-Nice Guy but it works well for him. He's authentic and puts himself first. Engel does a terrific job of presenting all the excuses and attitudes of the Nice Girl...so much of society and culture demands that women do everything on the domestic front and still have careers and strong personal relationships but this seems to be a seriously corrupt system. Super-woman doesn't exist. My work of untangling myself from being a Nice Girl will take lots of time and this book offers lots of great exercises to help. Nice Girls like me tend to get resentful, disengaged and isolated in our trepidation to relinquish perfection

and the needs we have to meet (real or imagined). I will read and re-read this book because niceness is an addiction not easy to break.

I thought this book was awesome! I couldn't put it down because I needed to know more and learn more. As a quintessential nice girl, this book helped me realize how some of the things I was doing to be "nice" to protect myself from being hurt were actually putting me in a position to be hurt more often. You can tell the author really has a caring perspective and even responded personally to an email I sent her. Whether you're a woman who's always trying to be "nice" or just someone looking for a great informative book, read it!

This book spoke to me so loudly when I first read it. After having put into practice some of the thinking patterns and other ideas in this book for over a year, I came back to this book and re-read it. I can honestly say that I don't need this book anymore. I know how to feel good about myself and treat myself right, and I have gained importance in my own eyes - a far cry from the desperate woman who purchased this book. I remember being so low, trying to please everyone and never being happy. I remember feeling so low and helpless. I honestly thought I was incurable, but I grabbed this book in desperate hope that I could gain some semblance of self-worth and pull myself out of the situation I was in. Fast forward to now: I have all those things I never thought I could have. I have self-esteem. I can't NOT stand up for myself! I make my own happiness. I treat myself like I do others. I'm no longer depressed. Others don't have control over how I feel, I do. I can't explain how bad I was or how much life has changed for me; I just hope that this gives someone like me hope. And this book is a good start. It's not magic, you have to work on yourself actively - and it's HARD, especially at first. But it gets easier, and soon enough, you're loving yourself and your new attitude!- A Changed Woman

I just cannot but this book down! I am way too nice and have had a host of people take advantage of me, and this book is giving me the knowledge to understand why and how, and the strength to make a change. I am now getting a handle on all the emotionally abusive relationships I hold on to, and hopefully with the help of this author, I can work more on putting my own needs and feelings first. This book is highly recommended for the young woman who struggles interpersonally and needs key principles to keeping herself safe and sane.

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