

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

## 书籍信息

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## 内容简介

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 any of 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, since "nice girls" are much more likely to be victimized—emotionally, physically, and sexually—than those who are not so "nice." She identifies seven different types of Nice Girls and helps you understand which type might apply to you. She helps you determine whether the Nice Girl Syndrome is keeping you in an abusive relationship or in manipulative situations, and helps you challenge and change Nice Girl beliefs and behaviors that are holding you back. Helps you 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 preparations, "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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## 作者简介

Beverly Engel, an internationally recognized expert in emotional and sexual abuse, is the author of numerous successful books, including *The Emotionally Abusive Relationship*, *Loving Him without Losing You*, and *Healing Your Emotional Self*. Engel has appeared on many national television shows, including Oprah. Her work has been featured in publications such as *O: The Oprah Magazine*, *Cosmopolitan*, *Psychology Today*, and the *Washington Post*.

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