

The Nice Girl Syndrome: Stop Being Manipulated and Abused -- And Start Standing Up for Yourself
By Beverly Engel **The nice girl syndrome book** به جای این که مسئله رو درست مطرح کنه و بعد راهکار ادامه
بده، خیلی غیرعلمی و بدون فکت محکم مثال میاورد و به جای گفتن حرفای تازه، همون چیزایی که می دونیم رو تکرار می کرد.
The nice girl syndrome book I would suggest reading Gavin de Becker's The Gift of Fear if you
want a real eye opener on how not listening to your intuition and insisting on being a 'nice girl' can
literally cost you your life. **The nice girl syndrome book** 0470179384 While this book uses extreme
examples of what the dangers of being a Nice Girl are (physical).

The nice girl syndrome book

Some sort of sexism but if you are reading a book about not being a nice girl- you probably have ignored the kind sweet advice from a few friends (emotional and sexual abuse) there are many things in it that are useful for women with milder versions of Nice Girl Syndrome. **The nice girl syndrome book** She is also the best selling author of 20 self help books many of which have been featured on national television and radio programs (Oprah CNN Ricki Lake Starting Over) as well as national print media (O Magazine Cosmopolitan Ladies Home Journal Redbook Psychology Today The Washington Post The LA Times and The Chicago Tribune to name a few). **The nice girl syndrome book** She is considered one of the world's leading experts on the issue of emotional abuse as well as a pioneer on the issue having written one of the first recovery books on the subject (The Emotionally Abused Woman). **The nice girl syndrome book** 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. **The nice girl syndrome book** 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. **The nice girl syndrome book** 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. **The nice girl syndrome book** 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. **The nice girl syndrome book** 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. **The nice girl syndrome book** --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. **The nice girl syndrome book** The Nice Girl Syndrome: Stop Being Manipulated and Abused -- And Start Standing Up for Yourself Beverly Engel is my number one favorite authority on abuse and how to heal from it. **The nice girl syndrome book** It should've been something I received well given the subject matter and its intents as a self-help book but the more I read it the more I ended up reading mixed messages within it. **The nice girl syndrome book** I tend to pick up self-help/health/wellness guides at random in many different aspects - social wellness spiritual wellness physical and emotional wellness among a number of different factors and I do it for a variety of different groups - women's health being a strong interest of mine as well. **The nice girl syndrome book** The title of this made me raise my eyebrows though I've heard in social/health circles about the dominance of nice girl or nice guy syndrome - where people described as such are associated as being passive overly accommodating and inattentive to their own needs for the sake of pleasing others. **The nice girl syndrome book** It's a book that attempts to be blunt in a

tough love sort of way but I couldn't get over how it comes across with victim blaming - type statements and negative talk throughout the text. **The nice girl syndrome book** I am indisputably a Nice Girl; I have consistently been someone who has been very kind (sometimes overly so) to those I love even if they do not treat me with a fraction of the amount of love and respect I provide them. **The nice girl syndrome book** I inevitably would get upset/confused as to why people I treat well consistently treat me like crap but now it really has helped me realize my actions and my love will not change the actions of others. **The nice girl syndrome book** I generally have this problem and I am not sure if it is just me or not but I struggle to find profiles or examples of other people in self-help type books that really resonate with me. **The nice girl syndrome book** The list that Engel procure as to why I am Nice Girl and how I need to change it were almost useless to me but I was able to write my own personalized tips between the lines to make them relevant to my life. **The nice girl syndrome book** She insists she isn't victim blaming but talks about how women "let" themselves be abused; I honestly believe that abuse can be inevitable with no regards to the victim's personality. **The nice girl syndrome book** She says that women "biologically" are this and men are "hard wired" for that (bleh) but then talks about how women are socialized to be passive in this patriarchal world (which is more talking my language). **The nice girl syndrome book** She starts off the book with insisting that she isn't victim blaming but I think we are in dangerous territory when we continue to concentrate on writing self-help books for women on avoiding emotional and physical abuse and don't think about writing books about "hey don't abuse people even if they're really nice. **The nice girl syndrome book** " This belief gave me an overall uneasiness about this book and I don't think I'd necessarily recommend the whole thing but I would probably be willing to recommend a passage or two with my personal notes and disclaimers. **The nice girl syndrome book** After reading the book I wished that the not-so-nice people of the world could read a book about being nice instead of the nice people having to become b@%&c#s to get along in the world. **The nice girl syndrome book** اسم اوليه كتاب برام هيجان انگيز بود، اما محتواش از همون صفحه هاي اول نااميدم كرد. **The nice girl syndrome book** 0470179384 I really enjoy Beverly Engle's writing style and the way she explains things, **The nice girl syndrome book** The message could also could be a bit blunt in some places.

The nice girl syndrome book

Perhaps a therapist and may need a tiny dose of bluntness, **The nice girl syndrome book** I like that Engle made that perfect clear- we cannot afford to be nice girls in today's society, **The nice girl syndrome book** (She never used that phrasing- that is all me) 0470179384 Love it! It's like therapy! 0470179384 Why do I keep reading self help books? All they ever do is make me mad. **The nice girl syndrome book** People will prey on you manipulate you and take advantage of you if they can and this book gives some strategies for avoiding that: **The nice girl syndrome book** A lot of the things in it seem to be common sense and common knowledge but sometimes it's nice (no pun intended) to have things clearly spelled out for you: **The nice girl syndrome book** 0470179384 Beverly Engel has been a psychotherapist for thirty years specializing in the areas of abuse recovery relationships women's issues and sexuality. **The nice girl syndrome book** She identifies the seven different types of Nice Girls and helps you understand which type or types might apply to you, **The nice girl syndrome book** This book has helped me to heal from some past experiences, **The nice girl syndrome book** I would recommend it to anyone who keeps finding themselves in abusive relationships: **The nice girl syndrome book** Twice! But the victim-blaming judgment and condescension just made me feel gross: **The nice girl syndrome book** 0470179384 I think the hardest thing about writing this review was figuring out why this book annoyed me so much for the subject matter it addressed, **The nice girl syndrome book** It's a real issue not limited to gender but in this particular work - Beverly Engel addresses it with respect to abusive/manipulative relationships and addresses the matter to women. **The nice girl syndrome book** That's a fair topic to cover given her background as a psychotherapist and addressing sexual abuse and women's health issues. **The nice girl syndrome book** But I think juxtaposing this particular work with

others on the same topic it pales in comparison and falters more often than not, **The nice girl syndrome book** It sounds more patronizing than encouraging women to develop healthier esteem habits and assertiveness, **The nice girl syndrome book** The fact that a section of this book is entitled Strong Women Aren't Nice made me want to throw the book against the wall: **The nice girl syndrome book** Engel if I may state for the record: Strong women aren't mean either. **The nice girl syndrome book** I think strength has more to do with how one applies and assert themselves for what they want in life: **The nice girl syndrome book** There are much better texts out there that are encouraging and help women become stronger about themselves emotionally spiritually and assertively than this text. **The nice girl syndrome book** Overall score: 1/5 stars 0470179384 Now I am a little embarrassed that I was interested enough in reading this book, **The nice girl syndrome book** My intuition told me that this would be a book that would piss me off but I did not want to dismiss it without giving it a shot, **The nice girl syndrome book** I am pleased to say my gut feelings were proven only partially right; I surprisingly was still able to get something out of this book. **The nice girl syndrome book** I finished this book with a surprising feeling of validation empowerment and eagerness to use the new skills I read in here. **The nice girl syndrome book** Anyway one problem is that I felt that the stories that Engel wrote did not relate to me very well: **The nice girl syndrome book** My issues with the book: it was heteronormative it placed the burden on victims to not be mistreated or abused and it felt like it was full of contradictions: **The nice girl syndrome book** Overall I am still happy I read this book despite its shortfalls: **The nice girl syndrome book** While I was able to decipher what I would need to take out of this book I wonder if many readers would be able to do the same, **The nice girl syndrome book** 0470179384 I don't really feel like I got much out of this book to be honest other than to really confirm that yes I'm waaaaay too nice. **The nice girl syndrome book** There are a lot of 'exercises' that the author recommends you do which I really wasn't willing to stop everything and do. **The nice girl syndrome book** I would have preferred situational examples like 'If Nancy says this to you then x would be a good response', **The nice girl syndrome book** I was brought up being nice and in my 40s it's ingrained in me so I'm likely not going to change at this point, **The nice girl syndrome book** If that's me being weak and not a 'strong woman' as the author insinuates then oh well: **The nice girl syndrome book** As other reviewers have said I feel a little mixed about this book[1]

I think. This book had some great exercises and reflection activities. No points given for being a martyr. Nice unfortunately gets you nowhere. 0470179384 I tried to read this I really did. Also? Suuuuuper cis/heteronormative. No thanks. Also for being unable to say no in a healthy way. Well Mrs.Skip this one. For a so called feminist text it's really horrible. Being fair does not guarantee fair treatment. 0470179384

