



When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships

David Hawkins

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A fresh new cover introduces the proven principles in this popular title—more than 75,000 copies sold—to a new group of readers.

Christians are called to be servants. But people who forfeit their God-given calling and identity in order to please others move from servanthood to codependency. How can they get back on track? Clinical psychologist David Hawkins offers a Christian perspective on healthy relationships and the pitfalls of being a people pleaser. He answers such important questions as...

Where does Christian service end and codependency begin? What emotional needs lead to codependency, and how can those needs be met in healthier ways? How can parents help their children avoid codependent behavior?

Readers will resonate with the real-life illustrations of people who no longer know what they think, want, or feel. Suggestions for redirecting unhealthy relationships empower readers to rediscover their own value and personal contribution.

When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships Details

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Cresanna Kahrl says

This book changed my life. If you suspect that you have co-dependent tendencies or are in a co-dependent relationship, read this book first!

Becki says

Synopsis from B&N: Christians are called to be servants. But people who forfeit their God-given calling and identity in order to please others move from servanthood to codependency. How can they get back on track? Clinical psychologist David Hawkins offers a Christian perspective on healthy relationships and the pitfalls of being a people pleaser. Readers will resonate with the real-life illustrations of people who no longer know what they think, want, or feel. Suggestions for redirecting unhealthy relationships empower readers to rediscover their own value and personal contribution. This book was so simple yet so profound. People pleasing is something I have regularly struggled with. And more recently I find myself swinging between pleasing and doing everything possible not to please. There are definitely areas in life where I struggle more than others. This book helped me to pinpoint that and reminded me that boundaries are a good thing ? even when others don't respond in a positive way to them. However, I can't enforce my personal boundaries unless I first determine what they are. And that the boundaries can change during different seasons of life. Definitely one to read.

Ershad Ganjy says

I loved the book, it made perfect sense to me specially. I could really connect with the person author was describing. At the time I was going to marry my wife but my parents and friends were against it because of race. That's when I read the book and it brought me to my childhood and how right now I am seeing the effects. Made me to think and try to decide based on what I think is right to do, being respectful to others opinions but not pleasing people by doing what they want or putting their need above yours even in situations that you think you are doing the right think.

SunflowerJ says

I skipped to the part about Church Hurt and worked my way back wards. This book is awesome for church people. I continue to read this book and discover new things in between readings. It helped me figure out a few things and it may help you too. It's definitely a good book to have in your collection.

Ames says

I picked this book up in my church's library. It's very helpful for those who have a hard time saying no without guilt. It helped me to see and understand areas of my childhood and family dynamics that may have contributed to my people pleasing qualities or at least the guilt that goes with it, when I am unable to do so. It has helped me understand that its okay to say no sometimes. The part about church really spoke to me as well as I always feel guilty when I cannot serve, do to not having the time etc
Great Read!

Kimber says

I would recommend this to anyone in a relationship or a family. It is so easy to fall into dysfunctional patterns. I like this book because the author refers to many relationship books from other authors.

Damola says

Life changer

Dalton Walker says

I really liked reading this book. At first I thought that this book would be stupid because my aunt wanted me to read it because she thought I was getting hurt by one of my friends that I would hang out with. So she thought it was a good idea for me to read it. I ended up learning stuff about myself from reading this book and it really did help me. Basically what this book was about was that you were reading through another's perspective about how helping others can really hurt you. I found out that this book helped my life out a lot.
