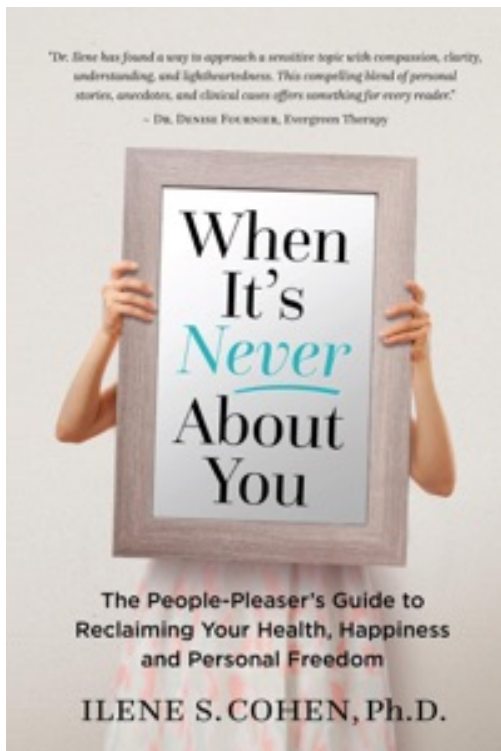


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Do you sometimes feel as if you exist only to satisfy others wants and needs, but never your own? Is your physical, mental and emotional health suffering as a result?

Everyone loves a people-pleaser. They're always willing to help, to stay late, to fill in, to "go along." But if *you're* one of them, you often end up feeling violated, ignored, disrespected, and *disconnected*—from life and others. Silently enduring the ongoing and *relentless* invalidation of who you are and what you want will reliably wreak havoc on your health and the health of your relationships.

Ready to put less "Yes" and more "You" in your life?

In *When It's Never About You*, psychotherapist, Ilene S. Cohen, uses real-world examples and activities to help you take a *systemic* look at people-pleasing. You'll learn...

How to reclaim a strong and balanced sense of self—while still being a "good person." How to break the harmful behavior patterns that keep you from being heard, listened to and respected. Specific strategies for transforming yourself from selfless to "self-full." How to go from feeling "vanished" to being clearly differentiated. How to get what *you* want and need—while actually earning even *more* respect from others.

Tired of disappearing from life? Ready for the "pleasing prescription"? *When It's Never About You* will give you the tools and confidence to put yourself first, while bringing the best YOU to those who depend on you!

"Dr. Ilene" S. Cohen, Ph.D., is a psychotherapist and blogger, who teaches in the Department of Counseling at Barry University. She is a regular contributor to *Psychology Today*.

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If you realize your when it's never about you so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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