



Take Back Your Power: How to End People Pleasing, Stop Letting Life Happen to You and Start Getting What You Want (Project Blissful Book 3)

Angela Atkinson

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Do you find yourself giving all you've got and people still want more? Do you sometimes do without what you want or need in order to keep the people around you happy? Are you afraid to deal with confrontation and do you often find it easier to just go with the flow in order to keep the peace?

If you answered yes to any of these questions, you might be a people pleaser. Many people pleasers are also very empathic people, who are especially attractive to toxic types who love to take advantage every chance they get.

In this book, you'll learn how to stop feeling the need to make everyone else happy and start figuring out what makes you happy, personally, and really - not someone else's idea of what's supposed to make you happy,

Listen up: you deserve to be happy just as much as anyone else. Stop beating yourself up and start embracing your personal power. Take your life back starting today!

Here's a quick preview of what you'll find inside.

Are You a People Pleaser? I'll help you find out.

The Vampire to Your Fairy: Why Toxic People Are Drawn to People-Pleasers

The True Blood Connection

Start With Your Head: You Are What You Think

Gratitude, Abundance and the Connection

Haters Gonna Hate: Dealing with Jealous People

How to Deal With Being Underestimated

Approval? You Don't Need No Stinking Approval (Except Your Own)

How to Stop Caring What People Think (Without Looking Like a Huge Jerk)

Real Friends: Seek, Identify and Strengthen True Relationships

Dealing With Annoying Co-Workers

Be Instantly Likeable Without Being "Too Nice"

Self-Soothing: How to Go and What to Know

9 Essential Questions You Need to Ask Yourself to Grow

Go Ahead and Blush: How and Why to Accept Compliments

Why You Need to Be a Little Selfish Sometimes

Take Charge of Your Feelings Through Nondirective Meditation


Tools for Shutting Down Stress and Panic Attacks

Start Something New: Being Open to Opportunities

Bonus Section: How to Boost Your Personal Power in Just 7 Days

What are you waiting for? Pick this easy-to-use ebook up today and get started on making the next part of

your life the best part of your life. You don't have to be under anyone's control and you don't have to accept things you don't want to accept. You deserve to be happy, whole and fulfilled. Order this book today and take the first step on your journey.

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From reader reviews:

Angela Drew:

As people who live in the modest era should be upgrade about what going on or info even knowledge to make these keep up with the era and that is always change and make progress. Some of you maybe will certainly update themselves by examining books. It is a good choice to suit your needs but the problems coming to a person is you don't know which one you should start with. This Take Back Your Power: How to End People Pleasing, Stop Letting Life Happen to You and Start Getting What You Want (Project Blissful Book 3) is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and want in this era.

Rose Warfield:

Information is provisions for individuals to get better life, information these days can get by anyone in everywhere. The information can be a know-how or any news even a problem. What people must be consider if those information which is inside former life are challenging be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you get the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen with you if you take Take Back Your Power: How to End People Pleasing, Stop Letting Life Happen to You and Start Getting What You Want (Project Blissful Book 3) as your daily resource information.

Therese Webb:

A lot of people always spent all their free time to vacation or even go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun for you. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book Take Back Your Power: How to End People Pleasing, Stop Letting Life Happen to You and Start Getting What You Want (Project Blissful Book 3) it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. If you did not have enough space to create this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not very costly but this book possesses high quality.

Clyde Traynor:

As a pupil exactly feel bored in order to reading. If their teacher inquired them to go to the library or to make summary for some e-book, they are complained. Just minor students that has reading's soul or real their leisure activity. They just do what the teacher want, like asked to go to the library. They go to generally there but nothing reading really. Any students feel that looking at is not important, boring and also can't see colorful images on there. Yeah, it is to become complicated. Book is very important to suit your needs. As

we know that on this era, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Take Back Your Power: How to End People Pleasing, Stop Letting Life Happen to You and Start Getting What You Want (Project Blissful Book 3) can make you experience more interested to read.

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