

The Nice Girl Syndrome

10 steps to empowering
yourself and ending abuse

Stop Being
Manipulated
and Abused—
and Start
Standing Up
for Yourself



Beverly Engel

Nice Girl Syndrome

Engel



Nice Girl Syndrome:

The Nice Girl Syndrome Beverly Engel, 2010-12-17 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 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 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 She identifies the seven different types of Nice Girls and helps you understand which type or types might apply to you 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 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 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

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love and how you can reverse this self sabotaging trend in your favor **Nice Girls Don't Get the Corner Office** Lois P. Frankel, 2014-02-18 Before you were told to Lean In Dr Lois Frankel told you how to get that corner office The New York Times bestseller is now completely revised and updated In this edition internationally recognized executive coach Lois P Frankel reveals a distinctive set of behaviors over 130 in all that women learn in girlhood that ultimately sabotage them as adults She teaches you how to eliminate these unconscious mistakes that could be holding you back and offers invaluable coaching tips that can easily be incorporated into your social and business skills Stop making nice girl errors that can become career pitfalls such as Mistake 13 Avoiding office politics If you don't play the game you can't possibly win Mistake 21 Multi tasking Just because you can do something doesn't mean you should do it Mistake 54 Failure to negotiate Don't equate negotiation with confrontation Mistake 70 Inappropriate use of social media Once it's out there it's hard to put the toothpaste back in the tube Mistake 82 Asking permission Children not adults ask for approval Be direct be confident *The Good Girl Revolution* Wendy Shalit, 2011-04-20 Across the country there's a youth led rebellion challenging the status quo In Seattle and Pittsburgh teenage girls protest against companies that sell sleazy clothing Online a nineteen year old describes her struggles with her mother who she feels is pressuring her to lose her virginity In a small town outside Philadelphia an eleventh grade girl upset over a dirty book read aloud in English class takes her case to the school board These are not your mother's rebels Drawing on numerous studies and interviews the brilliant Wendy Shalit makes the case that today's virulent bad girl mindset truly oppresses young women She reveals how the media one's peers and even parents can undermine girls' quests for their authentic selves and explains what it means to break from the herd mentality and choose integrity over popularity Written with sincerity and upbeat humor *The Good Girl Revolution* rescues the good girl from the realm of mythology and old manners guides to show that today's version is the real rebel Society may perceive the good girl as mild but Shalit demonstrates that she is in fact the opposite The new female role models are not people pleasing or repressed they are outspoken and reclaiming their individuality These empowering stories are sure to be an inspiration to teenagers and parents alike Join the conversation at www.thegoodgirlrevolution.com **Nice Girls Don't Get Rich** Lois P. Frankel, 2009-10-31 With the same frank advice and empowering information that made *Nice Girls Don't Get the Corner Office* a New York Times bestseller Lois Frankel tackles the 75 financial mistakes that keep women from having the wealth they deserve If you have outstanding balances on your credit cards don't have assets in your own name are saving instead of investing then chances are you're not rich and not living the life you want Without your awareness behaviors learned as a girl are preventing you from becoming a woman who is financially independent and free to follow her dreams Lois Frankel isolates the messages about money given to little girls that little boys never hear Then she helps you discover the financial thinking that is keeping you stuck in old patterns dependent relationships and jobs where you earn less than you deserve Once you get to the root of the problem Frankel helps you solve it with fabulous results Her coaching tips help you take

control of your finances and make more money than you ever thought possible Do you make these nice girl mistakes Mistake 4 Not playing to win Being polite quiet and fair to a fault is playing the financial game like a girl Mistake 10 Choosing to remain financially illiterate Knowledge is power Learn to manage your major purchases investments and banking Mistake 20 Spending as an emotional crutch Understand your emotions don t make purchases just to lift your spirits Mistake 45 Saving instead of investing Fear can keep your funds in low interest accounts Get educated about investing Get wealthy Frankel gives you the financial savvy to change negative behaviors make smart money choices and embrace the life you want sooner than you think *No More Nice* Maya Rhodes, 2025-06-27 When Anger Becomes Your Greatest Ally Discover a transformative perspective on a powerful often misunderstood emotion This compelling guide challenges the long held belief that women must always be nice revealing how embracing anger can ignite profound personal and social change Through insightful storytelling and practical tools it reframes female anger not as a flaw but as a vital force for breaking free from limiting roles and expectations Step inside the pages that excavate the roots of the nice girl stereotype exposing cultural myths and the silent struggles women face daily Learn how to identify what triggers your anger and how to harness it healthily setting firm boundaries reclaiming your voice and speaking your truth without guilt From understanding the biology behind your emotions to navigating workplace challenges this book offers a bold blueprint for emotional resilience If you ve ever felt your fury was something to hide or mute here s the encouragement and strategy to turn it into your fiercest tool It dives into the intersection of anger and feminism highlighting stories of women who transformed rage into activism creativity and healing Whether confronting toxic relationships or advocating for justice you ll find actionable advice to channel emotions into radical self care and organized movements The journey toward self acceptance and empowerment starts with one choice to stop silencing yourself This eye opening book equips you with the knowledge and courage to embrace anger as a catalyst for growth community and lasting impact It s time to shatter old narratives and pave the way for a future where female rage is honored bold fierce and unapologetically real

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