



# The Nice Girl Syndrome: Stop Being Manipulated and Abused -- and Start Standing Up for Yourself

By Beverly Engel

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## The Nice Girl Syndrome: Stop Being Manipulated and Abused -- and Start Standing Up for Yourself By Beverly Engel

**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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### Editorial Review

#### From the Inside Flap

Are you too nice for your own good? Do family members manipulate you? Do coworkers take advantage of you? Have you stayed in an abusive relationship even though you know how much it is hurting you? If any of this sounds familiar, read *The Nice Girl Syndrome*.

In this breakthrough guide, internationally acclaimed therapist and emotional abuse expert Beverly Engel explains that women today simply cannot afford to be Nice Girls, since "nice girls" are much more likely to be victimized—emotionally, physically, and sexually—than those who are not so nice. She helps you determine whether the syndrome is keeping you in an abusive relationship or in manipulative situations, and she identifies the seven different types of Nice Girls. She also discusses the specific conditions and experiences that contribute to the development of each type and helps you decide which type might apply to you.

Engel helps you understand the signals that your Nice Girl behavior sends to potential abusers. Through prescriptive action steps, she shows you how to confront the beliefs and behaviors that keep you stuck in your Nice Girl act and how to replace them with healthier, more empowering ones.

By reading *The Nice Girl Syndrome*, you'll learn how to:

- Stop putting other people's needs and feelings before your own
- Stop believing that being nice will protect you and learn how to protect yourself
- Stop worrying about what other people think of you
- Start standing up for yourself and your rights
- Express your anger and learn how to handle conflict effectively

To help in your journey from Nice Girl to strong woman, Engel tells the moving and inspiring stories of women she has worked with who have found the courage and strength to stop taking abuse and who have broken free from those who manipulate, belittle, and abuse them. Filled with wise advice, powerful exercises, and practical prescriptions, *The Nice Girl Syndrome* will show you step by step how to be your own strong woman.

#### From the Back Cover

"Readers will find [Beverly] Engel's elucidation of the four causes of 'Nice Girl Syndrome' and the 'Seven Types of Nice Girls' (e.g., Doormat, Pretender, Prude, Enlightened One) deeply funny and familiar. . . . This book will challenge, entertain, and empower its readers."

—*Publishers Weekly* (starred review)

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sexually. Engel helps you determine whether the Nice Girl Syndrome is keeping you in an abusive relationship or in manipulative situations. She identifies the seven different types of Nice Girls and shows you how to tell which type or types you are. Through prescriptive action steps, Engel shows you how to confront the beliefs and behaviors that keep you stuck in your Nice Girl act and how to replace them with healthier, more empowering ones.

To help you in your journey from Nice Girl to fulfilled woman, Engel tells the inspiring stories of clients she has worked with who have found the courage and strength to stop being abused and who have broken free from those who manipulate, belittle, and take advantage of them. Filled with wise advice, powerful exercises, and practical prescriptions, *The Nice Girl Syndrome* will show you step by step how to be your own strong woman.

#### About the Author

**BEVERLY ENGEL**, an internationally recognized expert in emotional and sexual abuse, is the author of numerous successful books, including *The Emotionally Abusive Relationship*, *Loving Him without Losing You*, and *Healing Your Emotional Self*. Engel has appeared on many national television shows, including *Oprah*. Her work has been featured in publications such as *O: The Oprah Magazine*, *Cosmopolitan*, *Psychology Today*, and the *Washington Post*.

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