

# Resources For People-Pleasers



## Recommended Books

### **The Disease to Please**

- A classic book that breaks down the psychology behind people-pleasing and how to change the pattern.

### **Set Boundaries, Find Peace**

- Practical guidance on learning boundaries in relationships and daily life.



## Free Learning & Mental Health Resources

**Psychology Today** – Articles on boundaries, relationships, and personal growth

**Mind** – Educational resources about emotional wellbeing and self-care

**National Alliance on Mental Illness** – Support, education, and mental health resources



## Podcasts

### **People Pleasing Unplugged**

- A podcast specifically focused on breaking people-pleasing patterns and prioritizing yourself.
- Covers topics like codependency, self-esteem, and boundary-setting with personal stories and expert interviews.

### **Health Discovered – Episode: Why Saying “No” Feels So Hard**

- Explores people-pleasing and the “fawning” response, including body signals that show when someone is abandoning their own needs.