



Good Intentions: The Nine Unconscious Mistakes of Nice People

Duke Robinson

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With the poignant honesty of Robert Fulghum and the good sense of "Dear Abby", this practical guide shows effective ways to avoid being "too" nice and reclaim a satisfying and fulfilling life.

Most people are raised to be "nice". But some just overdo it. They want to be perfect: always helpful, always available, never distinguishing between their own needs and those of others. Inside they're frustrated and unhappy. By analyzing the nine most common pitfalls, "Good Intentions" shows how the afflicted can liberate themselves from this damaging behavior, assert their own needs, and still remain the "good person" they've always wanted to be.

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