



# When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships

*David Hawkins*

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**When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships** David Hawkins

A fresh new cover introduces the proven principles in this popular title?more than 75,000 copies sold?to a new group of readers.

Christians are called to be servants. But people who forfeit their God-given calling and identity in order to please others move from servanthood to codependency. How can they get back on track? Clinical psychologist David Hawkins offers a Christian perspective on healthy relationships and the pitfalls of being a people pleaser. He answers such important questions as...

- Where does Christian service end and codependency begin?
- What emotional needs lead to codependency, and how can those needs be met in healthier ways?
- How can parents help their children avoid codependent behavior?

Readers will resonate with the real-life illustrations of people who no longer know what they think, want, or feel. Suggestions for redirecting unhealthy relationships empower readers to rediscover their own value and personal contribution.

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