



# Overcoming the Good Little Girl Syndrome; How to Stop Being a People-Pleaser

*Linda Ellis Eastman*

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**Overcoming the Good Little Girl Syndrome; How to Stop Being a People-Pleaser** Linda Ellis Eastman  
A must-have book for ALL women who have difficulty saying 'NO'! Overcoming the Good Little Girl: How to Stop Being a People-Pleaser is a powerful book about setting boundaries, personal empowerment, self-esteem, overcoming perfectionism, handling the bully, avoiding toxic relationships, and more! Co-authored by international coaches and consultants Becky Paroz, Linda Rose Mongell, Janet Christensen, Dionne Coatie Holt, Sheena Townsend, Tara Furges Houston, Helen Ollenshaw, Angie Schultz, Didi Zahariades, Sherry Benson-Podulchuk, Rita Rocker, and Mala Shah.

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