

Overcoming the Nice Guy Syndrome

- How to Stop Being Shy Without Becoming A Jerk

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Nice Guy
Syndrome**

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Robert Glover



Overcoming The Nice Guy Syndrome How To Stop Being Shy Without Becoming A Jerk:

How to Talk to Women Ron Louis, David Copeland, 2002 *No More Nice Guys* P. Alan Greene, 2013-07-01 Who wants to be a Nice Guy eternally on the friendship track forever finishing last Yet many men choose the Nice Guy life without even realizing it without really understanding what lurks in the sub basement of Nice Guy Syndrome Consider the following examples Debbie thinks Bill is kind considerate and decent but after months of dating she feels no spark no special tingle no attraction I feel so bad she says I really ought to love him but I don't even though I want to John has just been dumped again after weeks of bending over backwards to keep the relationship alive Now she'll start seeing some macho asshole he says Why do I always get dumped Everyone in the office is talking about it Bob the perfect husband the avid churchgoer the devoted family man split with his wife when she discovered him having an affair An affair Bob I can't believe it Each is suffering Nice Guy Syndrome not always easy to identify and even harder to overcome but that's because nobody is talking honestly about the root of the problem In the spirit of He's Not That Into You and other books that speak hard truth about relationships I offer *No More Nice Guys* a field guide for the men who suffer from NGS and the women whose lives they mess up

No More Mr. Nice Guy: the 30 Day Recovery Journal Chuck Chapman, 2020-08-21 If you read the book *No More Mr. Nice Guy* by Dr Robert Glover you're going to want to order a copy of *No More Mr. Nice Guy The 30 Day Recovery Journal* At the end of *No More Mr. Nice Guy* Dr Glover included a list of 30 values and rules that had personally helped him on his journey toward integration This has become a road map for self-determined living by Nice Guys all over the world Chuck Chapman Dr Glover's personal assistant took these 30 rules and developed them into a journal format Each day presents one of the rules with a meditation questions for deeper reflection and a space to journal your own thoughts around the rule The 30 rules are 1 IF IT FRIGHTENS YOU DO IT 2 DON'T SETTLE EVERY TIME YOU SETTLE YOU GET EXACTLY WHAT YOU SETTLE FOR 3 PUT YOURSELF FIRST 4 NO MATTER WHAT HAPPENS YOU WILL HANDLE IT 5 WHATEVER YOU DO DO IT 100% 6 IF YOU DO WHAT YOU HAVE ALWAYS DONE YOU WILL GET WHAT YOU HAVE ALWAYS GOT 7 YOU ARE THE ONLY PERSON ON THIS PLANET RESPONSIBLE FOR YOUR NEEDS WANTS AND HAPPINESS 8 ASK FOR WHAT YOU WANT 9 IF WHAT YOU ARE DOING ISN'T WORKING TRY SOMETHING DIFFERENT 10 BE CLEAR AND DIRECT 11 LEARN TO SAY NO 12 DON'T MAKE EXCUSES 13 IF YOU ARE AN ADULT YOU ARE OLD ENOUGH TO MAKE YOUR OWN RULES 14 LET PEOPLE HELP YOU 15 BE HONEST WITH YOURSELF 16 DO NOT LET ANYONE TREAT YOU BADLY NO ONE EVER 17 REMOVE YOURSELF FROM A BAD SITUATION INSTEAD OF WAITING FOR THE SITUATION TO CHANGE 18 DON'T TOLERATE THE INTOLERABLE EVER 19 STOP BLAMING VICTIMS NEVER SUCCEED 20 LIVE WITH INTEGRITY DECIDE WHAT FEELS RIGHT TO YOU THEN DO IT 21 ACCEPT THE CONSEQUENCES OF YOUR ACTIONS 22 BE GOOD TO YOURSELF 23 THINK ABUNDANCE 24 FACE DIFFICULT SITUATIONS AND CONFLICT HEAD ON 25 DON'T DO ANYTHING IN SECRET 26 DO IT NOW 27 HAVE FUN IF YOU ARE NOT HAVING FUN SOMETHING IS WRONG 28 BE

WILLING TO LET GO OF WHAT YOU HAVE SO YOU CAN GET WHAT YOU WANT v29 GIVE YOURSELF ROOM TO FAIL
THERE ARE NO MISTAKES ONLY LEARNING EXPERIENCES 30 CONTROL IS AN ILLUSION LET GO LET LIFE HAPPEN
Chuck Chapman is a Licensed Psychotherapist Certified No More Mr Nice Guy Coach student of self development and the personal assistant to Dr Robert Glover Chuck has built his private practice by helping others recover from toxic shame and overcoming their Nice Guy Tendencies He is a contributing writer for many popular online publications See more at www.niceguyhelp.com *Stop Being Used* Charles Green, 2024-11-29 Are you ready to break free from the chains of emotional manipulation and scarcity mindset that have held you back in your relationships Do you find yourself constantly compromising your needs only to feel unfulfilled and heartbroken It s time to reclaim your power and step into a future filled with healthy mutually beneficial connections In *Stop Being Used* you ll discover a powerful guide crafted specifically for men who are determined to overcome the Nice Guy Syndrome and cultivate relationships that truly serve them This book is your roadmap to emotional empowerment guiding you through the complexities of modern dating and helping you build a fulfilling love life Inside this book you ll discover how to Shift from Scarcity to Abundance Many men find themselves trapped in a scarcity mindset believing that love is limited and that they must settle for less *Stop Being Used* will help you shift your perspective from scarcity to abundance empowering you to recognize your worth and attract the right partners into your life Learn how to cultivate a mindset that embraces possibility allowing you to approach relationships with confidence and clarity Recognize and Break Free from Emotional Manipulation Emotional manipulation can leave you feeling confused and powerless This book equips you with the tools to identify manipulative behaviors and reclaim your emotional autonomy Through insightful strategies and real life examples you ll learn how to set healthy boundaries and communicate effectively ensuring that your relationships are grounded in respect and mutual support Be Ready to Walk Away from Unhealthy Relationships Not every relationship is meant to last and knowing when to walk away is a vital skill for maintaining your emotional health *Stop Being Used* empowers you to recognize when a relationship is no longer serving you giving you the courage to make the tough decisions that lead to personal growth and happiness Discover the strength to prioritize your well being and embrace the freedom that comes with letting go of toxic connections Build Authentic Fulfilling Relationships Imagine a love life where you are valued for who you are where your needs are met and where you can thrive alongside your partner This book provides you with actionable steps to foster authentic connections that are based on mutual respect understanding and support You ll learn how to communicate your desires create fulfilling partnerships and cultivate a love life that brings you joy Break the Nice Guy Cycle Learn why being too nice can work against you and how to strike a balance between kindness and self respect Prevent Heartbreak Recognize the red flags signs of unhealthy relationships and avoid the emotional toll of one sided love Achieve Emotional Freedom Overcome fear rejection and insecurity while becoming the best version of yourself *Stop Being Used* is more than just a book it s a movement towards empowering men to take charge of

their romantic journeys Whether you re navigating the dating scene or seeking to enhance an existing relationship this guide will provide you with the insights and strategies needed to create the love life you deserve Are you ready to stop being used and start living a life filled with love respect and abundance Grab your copy of Stop Being Used today and embark on your journey towards empowered fulfilling relationships Your heart is worth it and so is your happiness *No More Mr Nice Guy*

Mayowa Ajisafe,2015-07-06 I have been a nice and shy guy in years past and that really has affected my dating life back then that many women that I have meet only want me as a friend and hang out with me to take advantage of my niceness and shyness without any real thing happening between us This really sucks a lot and I always wonder what s wrong with me but that was then Now I m on top of my game with women and I m still a nice guy now but I never finish last but rather always come first with any woman So what is The Trick Don t wait anymore to enjoy the insanely powerful method of mine of getting past your shyness and niceness to get the best woman you deserve right inside this book And a warning Get ready for your life to take a new look as regards your dating life Be prepared for a change in your life I just have to tell your before it happens If you are still a nice guy or still finding it hard to get the woman of your dreams or your dating life as a man sucks like mine was some years ago then this is the book you need to read It is not a book about some love dating or pickup artist theory but a real life picture of what makes a nice guy and how to overcome that nasty tag that has been stopping you from enjoying your dating life and getting the woman of your dream without being friend zoned The Nice Guy Mystery

Unveiled Mayowa Ajisafe,2015-06-03 I have been a nice and shy guy in years past and that really has affected my dating life back then that many women that I have meet only want me as a friend and hang out with me to take advantage of my niceness and shyness without any real thing happening between us This really sucks a lot and I always wonder what s wrong with me but that was then Now I m on top of my game with women and I m still a nice guy now but I never finish last but rather always come first with any woman So what is The Trick Don t wait anymore to enjoy the insanely powerful method of mine of getting past your shyness and niceness to get the best woman you deserve right inside this book And a warning Get ready for your life to take a new look as regards your dating life Be prepared for a change in your life I just have to tell your before it happens If you are still a nice guy or still finding it hard to get the woman of your dreams or your dating life as a man sucks like mine was some years ago then this is the book you need to read It is not a book about some love dating or pickup artist theory but a real life picture of what makes a nice guy and how to overcome that nasty tag that has been stopping you from enjoying your dating life and getting the woman of your dream without being friend zoned **No More**

Mr. Nice Guy: the 30-Day Recovery Journal Chuck Chapman,2020-10-17 If you read the book No More Mr Nice Guy by Dr Robert Glover you re going to want to order a copy of No More Mr Nice Guy The 30 Day Recovery Journal At the end of No More Mr Nice Guy Dr Glover included a list of 30 values and rules that had personally helped him on his journey toward integration This has become a road map for self determined living by Nice Guys all over the world Chuck Chapman Dr Glover

s personal assistant took these 30 rules and developed them into a journal format Each day presents one of the rules with a meditation questions for deeper reflection and a space to journal your own thoughts around the rule The 30 rules are 1 IF IT FRIGHTENS YOU DO IT 2 DON T SETTLE EVERY TIME YOU SETTLE YOU GET EXACTLY WHAT YOU SETTLE FOR 3 PUT YOURSELF FIRST 4 NO MATTER WHAT HAPPENS YOU WILL HANDLE IT 5 WHATEVER YOU DO DO IT 100% 6 IF YOU DO WHAT YOU HAVE ALWAYS DONE YOU WILL GET WHAT YOU HAVE ALWAYS GOT 7 YOU ARE THE ONLY PERSON ON THIS PLANET RESPONSIBLE FOR YOUR NEEDS WANTS AND HAPPINESS 8 ASK FOR WHAT YOU WANT 9 IF WHAT YOU ARE DOING ISN T WORKING TRY SOMETHING DIFFERENT 10 BE CLEAR AND DIRECT 11 LEARN TO SAY NO 12 DON T MAKE EXCUSES 13 IF YOU ARE AN ADULT YOU ARE OLD ENOUGH TO MAKE YOUR OWN RULES 14 LET PEOPLE HELP YOU 15 BE HONEST WITH YOURSELF 16 DO NOT LET ANYONE TREAT YOU BADLY NO ONE EVER 17 REMOVE YOURSELF FROM A BAD SITUATION INSTEAD OF WAITING FOR THE SITUATION TO CHANGE 18 DON T TOLERATE THE INTOLERABLE EVER 19 STOP BLAMING VICTIMS NEVER SUCCEED 20 LIVE WITH INTEGRITY DECIDE WHAT FEELS RIGHT TO YOU THEN DO IT 21 ACCEPT THE CONSEQUENCES OF YOUR ACTIONS 22 BE GOOD TO YOURSELF 23 THINK ABUNDANCE 24 FACE DIFFICULT SITUATIONS AND CONFLICT HEAD ON 25 DON T DO ANYTHING IN SECRET 26 DO IT NOW 27 HAVE FUN IF YOU ARE NOT HAVING FUN SOMETHING IS WRONG 28 BE WILLING TO LET GO OF WHAT YOU HAVE SO YOU CAN GET WHAT YOU WANT v29 GIVE YOURSELF ROOM TO FAIL THERE ARE NO MISTAKES ONLY LEARNING EXPERIENCES 30 CONTROL IS AN ILLUSION LET GO LET LIFE HAPPEN Chuck Chapman is a Licensed Psychotherapist Certified No More Mr Nice Guy Coach student of self development and the personal assistant to Dr Robert Glover Chuck has built his private practice by helping others recover from toxic shame and overcoming their Nice Guy Tendencies He is a contributing writer for many popular online publications See more at www.niceguyhelp.com

Confidence Stuart Killan ,2018-11-01 If you re feeling like you re getting nowhere in life or you feel as if you have basically failed at everything then read this will be the most important book you read this year Here s why We ve all heard the phrase nice guys finish last And if you are too nice you make your way through life by being submissive to the people around you So you want to take charge in situations But are worried you ll come across as overbearing This short guide is your answer You ll find simple ways which you can apply today to be assertive without being rude To get what you want without changing your core values For building lasting relationships while still being true to yourself Here s just a small fraction of what you ll discover The 10 signs of being a pushover The secret to giving real compliments people actually believe once you start doing this they cannot help but have massive respect for you How to respond to backhanded compliments from people trying to knock you down The playful way to make fun of others without hurting their feelings How many compliment is too many What you need to know A counter intuitive way to gain the trust and respect of authority figures so simple yet 99% of people won t do it Hate conflict How to overcome that in minute The single worst word you can

use to start a sentence doing this instantly gives people a low opinion of you How to spot this conversation trap which unethical and immoral people use to manipulate nice people So if you want to unburden yourself from the shackles of your past and start working towards the life you have always wanted rather than towards the life you were programmed by your past to want Scroll up and hit buy now with 1 click to receive your book instantly **No More Mr. Nice Guy** Ed Turner,2023-05 If you have always been that nice guy this book tells you everything you need to stop being Mr Nice Guy who doesn t get the girl he wants to the one who is still nice and gets all the girls he wants to date and have a relationship with In this book you will learn My journey as a nice guy for years and how a nice guy screwed me up many times and what you should learn from my nice guy experience will cause you to get any girl you want from now on Why being nice is a bad idea when you meet a girl you love to date The qualities you need to start developing as a man to make sure you stop getting the results you are getting now from women like a nice guy Insanity they say is doing the same thing all the time and expecting different results This book will learn all the new things you should be doing and the mindset you should develop to win as a nice guy What women need that you don t know These things has helped you get friend zoned as a nice guy many times In this book you will learn what women need and in giving them that you increase your chance of dating them and even sleeping with them if you want to I have been the poster boy for a nice guy for years and after being tired of getting the same let s be friends vibe from many women I love to date I started digging to learn what I was doing wrong and what I should be doing to get the girls I want The result of my many months of digging helped me for years to start dating hot women I would have never been able to date before I started fixing my nice guy problem If I can overcome my nice guy problem then why not share all I know with other nice guys out there who are seriously looking for a solution to stop being a Mr Nice Guy The result of that though is this book You will learn a lot about how not to be a nice guy again in this book and I guarantee there will be a shift in result for good if you read this book and implement everything you will learn in the book Would you love to stop being Mr Nice Guy and start getting the girls you want to date *The Nice Guy Seduction Secret* Craig Beck,2017-04-12 There s a misconception that the good guys of the world finish last I m here to tell you it is far from the truth While a lot of nice guys experience a life of being overlooked by the women they desire which is usually because of their shyness it s just a phase of life that can be quickly overcome Generally this phase occurs between the ages of twelve through thirty It can and sometimes does last longer But with the help of this book it doesn t need to last a moment longer In *The Nice Guy Seduction Secret* I will explain to you in detail why nice guys do not need to finish last with women anymore It s not as complicated as you think There are no stupid gimmicks aggressive PUA techniques or embarrassing peacocking routines to follow Actually it s so simple that if you are a nice shy or good guy it will show you just how attractive you are to women without even trying However heads up There are some things that nice guys do that are downright unattractive to women You have to stop doing these things and right now Get the secrets that will assure you are at the head of the line when

women begin to pick their life partner The requirements while considered small things are very very very important Want to know what they are Read the book now [www PowerfullyConfident com](http://www.PowerfullyConfident.com) **Never Finish Last** Patrick King,2015-05-05 Have you ever been called too nice Was it a compliment or did it mean something else Do you find yourself bending over backwards for girls that don t do the same for you the same girls who end up with other guys even though you re always there for them and care for them Walked all over in business settings Doesn t she see that the best guy is right in front of her Not a chance in hell I ve got news for you you ve got Nice Guy Syndrome and you won t have her respect or affections unless you demand it Women aren t blind and they re not trying to treat you like a shadow always there always waiting but The Nice Guy actually gives them no choice Never Finish Last is the story of The Nice Guy and how he has been misguided from youth about what women want in relationships and men It s an institutional problem that determines how The Nice Guy views everything in life much to his detriment It outlines the internal causes of Nice Guy Syndrome and a set of immediately actionable steps to destroy it and seize the life you ve always envisioned Women career business relationships everything can be improved by fixing Nice Guy Syndrome What can a Nice Guy learn in Never Finish Last What a friend graveyard is and how to avoid it Why adhering to strictly to chivalry forces people to not give you respect How The Nice Guy isn t always innocent in his intentions If nice doesn t finish last then what does As well as The Nice Guy Entitlement Complex How to assert yourself and make your presence known The FEMALE equivalent of The Nice Guy It s time to destroy Nice Guy Syndrome and turn your life around Learn exactly what limiting beliefs and misguided assumptions have led you to where you are and start getting what you deserve Best of all you can remain 100% yourself through the entire process with no gimmicks or fake tricks Be so great that the girl that you ve always wanted has no choice but to want you Don t hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page P S Kill Nice guy Syndrome and upgrade every aspect of your life **Making Contact** Arthur C. Wassmer,1978 [The Shy-man Syndrome](#) Brian G. Gilmartin,1989

For the estimated 1 7 million American males who suffer from love shyness a degree of social inhibition and timidity regarding the opposite sex preventing participation in courtship and marriage Dr Gilmartin offers sorely needed assistance

No More Mr. Nice Guy! Robert Glover,2002-10-28 By trying too hard to please others and neglecting their own needs men can become unhappy and resentful and lash out at those they love With the help of an eminent psychotherapist these victims of the Nice Guy Syndrome can stop seeking approval and find happiness in their lives Based on years of clinical group therapy with men and couples this groundbreaking work includes information and tools to help passively pleasing men break free from the ineffective patterns of the Nice Guy Syndrome They will discover ways to get their needs met feel more powerful and confident create the kind of intimate relationships they really want express their feelings and emotions have a fulfilling and exciting sex life embrace their masculinity and connect with men live up to their potential and become truly creative and productive and above all accept themselves as they really are **Never Finish Last** Patrick King,2015-03-18

ou re such a great guy why don t you ever get the girl Does treating a girl well and taking care of her just result in being taken for granted Does being there for her emotionally just see her into someone else s arms Doesn t she see that the best guy is right in front of her Not a chance in hell I ve got news for you you ve got Nice Guy Syndrome and you won t have her respect or affections unless you demand it Women aren t blind and they re not trying to treat you like a shadow always there always waiting but The Nice Guy actually gives them no choice Never Finish Last is the story of The Nice Guy and how he has been misguided from youth about what women want in relationships and men It s an institutional problem that determines how The Nice Guy views everything in life much to his detriment What can a Nice Guy learn in Never Finish Last What a friend graveyard is and how to avoid it Why adhering to strictly to chivalry forces people to not give you respect How The Nice Guy isn t always innocent in his intentions If nice doesn t finish last then what does As well as The Nice Guy Entitlement Complex How to assert yourself and make your presence known The FEMALE equivalent of The Nice Guy It s time to destroy Nice Guy Syndrome and turn your life around Learn exactly what limiting beliefs and misguided assumptions have led you to where you are and start getting what you deserve Best of all you can remain 100% yourself through the entire process with no gimmicks or fake tricks Be so great that the girl that you ve always wanted has no choice but to want you Don t hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page P S Kill Nice guy Syndrome and upgrade every aspect of your life **The Social Anxiety and Shyness Solution** Dean J.

Arquette,2019-12-29 **How to Overcome Shyness** Patrick McIntyre,2014-11-09 It s Saturday night Everybody you know is out and about having fun socializing and immensely enjoying their weekend Only one person is sitting alone in their bedroom listening to music and browsing YouTube Does that sound familiar It should because that person is you Well it is about time you thought about changing this flaw of yours don t you think First let s start by stating the obvious you re definitely not alone Lots of people have experienced shyness and other variations of social anxiety ranging from mild to extreme degrees But second let s be clear about this It is entirely possible to overcome shyness So worry no longer Just because you re shy now doesn t mean you have to remain that way This book was written as your guide to overcoming shyness once and for all What are you waiting for Let s get started

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