

Guide For Women Who Give Too Much: Prioritize Your Well Being & Practice Self Care

Are you constantly putting everyone else's needs ahead of your own? Do you feel like you're always sacrificing your own happiness to make others happy? If so, you're not alone. Millions of women around the world struggle with the same problem.

In her groundbreaking book, **Guide For Women Who Give Too Much: Prioritize Your Well Being & Practice Self Care**, Dr. Claudia Black explores the root causes of this problem and offers practical solutions for overcoming it.

Drawing on her own experiences as a woman who has struggled with this issue, as well as her work with countless other women, Dr. Black provides a compassionate and supportive guide to help you:



Love Yourself BIG: A Guide For Women Who Give Too Much (Prioritize Your Well-Being, Practice Self-Care & Purge Toxic Energy) by Michelle Kulp

★★★★☆ 4.3 out of 5

Language : English
File size : 4103 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 105 pages
Lending : Enabled



- Identify the signs and symptoms of giving too much
- Understand the root causes of this problem
- Develop strategies for setting boundaries and saying no
- Learn how to prioritize your own needs
- Practice self-care and nurture your own well-being

If you're ready to stop giving too much and start putting yourself first, this book is for you.

Do you ever feel like you're constantly putting everyone else's needs ahead of your own? Do you feel like you're always sacrificing your own happiness to make others happy? If so, you may be giving too much.

Here are some of the signs and symptoms of giving too much:

- You feel like you're always on the go and never have any time for yourself.
- You're always putting everyone else's needs ahead of your own.
- You feel like you have to do everything perfectly in Free Download to please others.
- You're afraid to say no to people because you don't want to let them down.

- You feel like you're always sacrificing your own needs for the sake of others.
- You feel like you're never good enough.
- You feel like you're constantly exhausted and burned out.

If you're experiencing any of these signs and symptoms, it's important to take a step back and assess your situation. You may be giving too much and neglecting your own well-being.

There are many different factors that can contribute to giving too much. Some of the most common root causes include:

- **Low self-esteem.** People with low self-esteem often feel like they're not worthy of love and happiness. This can lead them to give too much in Free Download to try to earn the approval of others.
- **Fear of abandonment.** People who fear abandonment may feel like they need to give too much in Free Download to keep people in their lives. This can lead them to become clingy and dependent on others.
- **Codependency.** Codependency is a condition in which people become addicted to the caretaking of others. This can lead them to give too much in Free Download to feel needed and loved.
- **Trauma.** People who have experienced trauma may feel like they need to give too much in Free Download to make up for the pain that they've endured. This can lead them to become self-sacrificing and neglect their own needs.

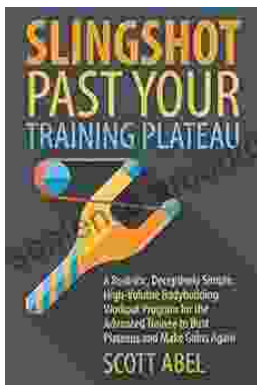
If you're struggling with giving too much, it's important to understand the root causes of this problem. Once you understand why you're giving too much,



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