



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

By David Hawkins

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

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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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### Editorial Review

#### Review

"Excellent Book! God really used this book to affirm so many healthy choices I've made. I appreciate Dr. Hawkins' honesty, openness, and insight. He's unmatched as a Christian psychologist. I can't say enough good about all of Dr. Hawkins' books!"

—Debra White Smith, bestselling author of the Austin series and *What Jane Austin Taught Me About Love and Romance*

#### About the Author

With more than 35 years of counseling experience, **David Hawkins**, PhD, has a special interest in helping individuals and couples strengthen their relationships. Dr. Hawkins' books, including *When Pleasing Others Is Hurting You* and *Dealing with the CrazyMakers in Your Life*, have more than 350,000 copies in print.

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