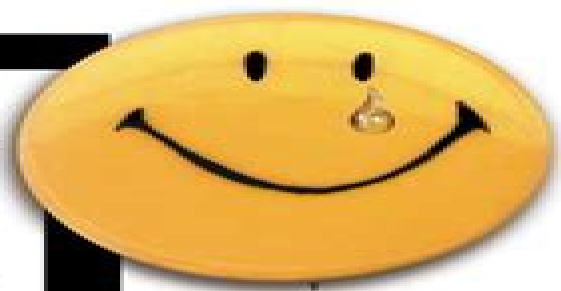


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How Good Do We Have to Be?



**How to Stop Making 9
Self-Sabotaging Mistakes**

Formerly published as *Good Intentions*

DUKE ROBINSON

Too Nice For Your Own Good How To Stop Making 9 Self Sabotaging Mistakes

RC Schank



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Too Nice for Your Own Good Duke Robinson, 2024-09-24 Discover how to make your good intentions work for you instead of against you In a kind and loving way Robinson offers just the push many people need to begin to set practical limits and to practice healthy self assertiveness Publishers Weekly If you're like most folks you were raised to be nice Yet now you find yourself asking If I'm so nice why isn't my life better Renowned minister and lecturer Duke Robinson has the answer Robinson says that well intended behavior is essential to a humane society but it carries a downside Being nice often means we take on too much tell little lies strive endlessly for perfection and fall prey to other self defeating behaviors Now Robinson outlines the nine unconscious mistakes nice people make daily and he shows how to correct them and avoid unnecessary stress with life affirming actions Learn how to Say no and save yourself from burnout Tell others what you want and actually receive it Express anger in healing ways that maintain valued relationships Respond effectively when irrationally criticized or attacked Liberate your true self Are you like many of us too nice for your own good This remarkable book will empower you to get what you need and deserve out of life and still be a nice person A how to book that breaks new ground and shares unexpected new approaches that can open doors to more creative living Robert McAfee Brown author former professor of religion Stanford University Highly readable insightful and compassionate Duke Robinson extracts powerful eminently practical lessons for everyday living from sound psychological principles Martin V Covington professor of psychology University of California at Berkeley His eloquent message is addressed to all who are striving to live good lives An upbeat and honest message Library Journal

The Art of Extreme Self-Care Cheryl Richardson, 2019-11-05 This life changing handbook by best selling author Cheryl Richardson offers you 12 strategies to transform your life one month at a time Designed as a practical action oriented program each chapter challenges you to alter one behavior that keeps getting you in trouble The book is filled with personal stories of how Cheryl and others have learned to make the practice of Extreme Self Care their new standard for living With chapters such as End the Legacy of Deprivation Take Your Hands off the Wheel The Absolute No List and Does That Anger Taste Good you will stop the endless cycle of self betrayal and neglect that stems from daily violations of self care Each chapter includes a relevant resource section that offers books Websites audio programs podcasts and more should you want to explore a particular topic further The Art of Extreme Self Care is a sane and sensible program that gives you the permission you need to dramatically upgrade your life

CRISIS AND THE CLASSROOM Deborah J. Hill, 2003-01-01 The purpose of this book is to share knowledge from the author's personal experience as well as to provide information culled from multiple and varied specialists in the field of emergency services and crisis management The crisis aspect as discussed in this book deals with it as a disaster emergency calamity or catastrophe that is usually time limited and associated with danger The first chapters focus on aspects of human nature that can lead to a crisis and attempt to answer why people resort to using violence Family systems particularly the dysfunctional family are

reviewed and a discussion of personality disorders is followed by a review of some of the more negative aspects of human nature as shown both as individuals and as humans functioning as a society and in looking at the family environment as a cause of crisis. In addition to a review of social factors there is particular emphasis on self-defeating and self-destructive behaviors that often lead to a crisis. Part II concentrates on the management of anger and violence and also reviews some successful and unsuccessful disciplinary practices used to deal with misbehavior including problems associated with absenteeism and truancy. Teenage pregnancy and the drug crisis in schools are also examined in this section. Training and basic self-defense techniques, assertiveness skills and disaster preparedness are significant aspects of crisis management and are also reviewed in this section. Part III concentrates on negotiation and communication skills that are often the most crucial aspects of successful crisis management programs. The final section of this book is about healing and has been gathered from a variety of sources. In particular, the chapter on grief and loss is the result of interviewing many people around the world over the past 15 years in the wake of a variety of tragedies. This section of the book also looks at practical ways to cope with the aftermath of crisis including stress management techniques, various forms of traditional and alternative therapies and the use of humor as a defense mechanism and coping strategy. One of the purposes of this book is to gather practical information and to organize and consolidate it for easy reference. Although this book was originally written for teachers, it will also prove helpful to anyone who is associated with schools.

Embracing Change Joseph F. Sica, 2003. Are you living the life you want to live? In this uplifting and inspiring book, Fr. Joe Sica affirms that life is a gift waiting to be unwrapped and lived abundantly with every breath we take. *Embracing Change: 10 Ways to Grow Spiritually and Emotionally* is not another self-help fix. Instead, it offers a self-care solution, a program that is about revealing the person you want to be and are meant to be. It's a spiritual renovation of your self, a way of moving toward wholeness, and it can begin now. *Embracing Change* is filled with practical, easy-to-apply suggestions and illustrations with plenty of stories, humor, and quotes. This marvelous resource is for everyone who wants to make a positive change in their life.

Assertiveness, 2001-02. *Books and Beyond* Kenneth Womack, 2008-10-30. There's a strong interest in reading for pleasure or self-improvement in America as shown by the popularity of Harry Potter and book clubs including Oprah Winfrey's. Although recent government reports show a decline in recreational reading, the same reports show a strong correlation between interest in reading and academic achievement. This set provides a snapshot of the current state of popular American literature including various types and genres. The volume presents alphabetically arranged entries on more than 70 diverse literary categories such as cyberpunk, fantasy, literature, flash fiction, LGBTQ literature, graphic novels, manga, and anime and zines. Each entry is written by an expert contributor and provides a definition of the genre, an overview of its history, a look at trends and themes, a discussion of how the literary form engages contemporary issues, a review of the genre's reception, a discussion of authors and works, and suggestions for further reading. Sidebars provide fascinating details, and the set closes with a selected general bibliography. *Reading in America* for

pleasure and knowledge continues to be popular even while other media compete for attention While students continue to read many of the standard classics new genres have emerged These have captured the attention of general readers and are also playing a critical role in the language arts classroom This book maps the state of popular literature and reading in America today including the growth of new genres such as cyberpunk zines flash fiction GLBTQ literature and other topics Each entry is written by an expert contributor and provides a definition of the genre an overview of its history a look at trends and themes a discussion of how the literary form engages contemporary issues a review of the genre's critical reception a discussion of authors and works and suggestions for further reading Sidebars provide fascinating details and the set closes with a selected general bibliography Students will find this book a valuable guide to what they're reading today and will appreciate its illumination of popular culture and contemporary social issues

Brothers and Sisters in Adoption Arleta James, 2011-12-15 Offers insights and examples and sturdy practical proven tools for helping newly configured families prepare accept react and mobilize to become a new and different family meeting the practical physical and emotional needs of all its members These well prepared and supported families are the ones who thrive *The New Yorker*, 2000

Too Nice for Your Own Good Duke Robinson, 1997 *The Publishers Weekly*, 2000 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 *Forthcoming Books* Rose Arny, 2000

Red Book, 1988-11 The magazine for young adults varies

Personal Productivity Secrets Maura Nevel Thomas, 2012-04-23 Learn tried and tested methods for optimal personal productivity Ever find yourself more than a bit overwhelmed by the constant influx of e mail and reminders as well as the ever present calendars to do lists miscellaneous paper and sticky notes Add to that myriad devices that were originally intended to make us more efficient but in reality only end up forcing us to juggle even more Our brains aren't wired for all this but we can learn to be productive Personal Productivity Secrets gives you everything you need to know to be organized in control and to get things done Understand how your brain absorbs organizes and filters the daily deluge of information and learn to trick your brain into being more productive Appreciate the difference between Time Management and Attention Management and create workflow processes that help you defend your attention Create a plan for navigating endless technology options and implement tools that will keep you productive focused and in control Personal Productivity Secrets reveals updated and vital information for achieving your significant results and being as productive as you can be in a fast paced technology driven society

Today's Black Woman, 2000 *New Times*, 1988 **The New York Times Book Review**, 1977 **Personal Growth and Behavior**, 1990 *Cosmopolitan*, 1993-07 **Standing on My Head ... with My Fly Open** Duke Robinson, 2015-11-17 When the author was in the fourth grade a Philadelphia Inquirer photographer caught his grammar school tumbling team's premier performance at a PTA meeting As a result Duke Robinson claims to be the only Presbyterian minister in the history of Western civilization to have had his picture in a major metropolitan newspaper standing on his head with his fly open The fact his fly was open he says reflects the innocence typical of an eight

year old boy reared in a very religious family in the first half of the Twentieth Century That s who he says he was That s what he did And he says I wanted never to do it again Robinson s intimate memoir takes you through a life marked by weird coincidences surprise twists and turns and life or death close calls that impacted him dramatically His curious mind kept him asking and trying to answer with some measure of intellectual integrity why life works the way it does How come the smallest incident or choice either by yourself or someone else can turn your life in a direction you never dreamed of The mythology on which Robinson was reared gave him an answer to this question It emerged however from an ancient people who thought the world had recently been created for them didn t know where the sun went at night and believed demons caused illness He says that he came to see that he could not be whole living in both that world and the scientific cause and effect world we all know today The author s story of his own personal change has to do with discarding a lot of superstition sentimentality and wishful thinking in religion in order to be grounded in integrated with and liberated by relating honestly to the real world Looking back he says I never wanted to be caught standing on my theological head with my fly open This book gets you inside the head of a Presbyterian minister who early on found that he also could not go through the motions or play so many of the games that the Church generally asks of its clergy He has wrestled with traditional religion for well over a half century Of the last congregation he served for twenty eight years he began by asking its membership to lighten up and to get real And they did And he tells some remarkable stories about them Robinson s four other books bear witness to his changed and changing worldview Here in more personal terms he weaves together stories about his Christian fundamentalist upbringing the wonderful loves of his life hilarious adventures on stage his reputation for humor reflections on sexual repression parenting four strong children and some hilarious embarrassing professional mistakes and fascinating projects in retirement He also talks about being a fervent fan of the Philadelphia Kansas City and now Oakland A s baseball teams for almost eighty years He asks How much more theological can you get than that

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