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Approval Addiction: Overcoming Your Need to Please Everyone

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Approval addiction hits home for those who try to do it all and people end up just using them. Eye opener for me. It taught me straight up that you are to love others but not be their doormat. The only approval we need is Gods.

Approval Addiction: Overcoming Your Need... book by Joyce ...

In much the same way, you can overcome approval addiction by equally valuing other important things, such as your need for significance and control. While wanting to control things can be taken too far just like wanting approval, it is the Yang to approval-seeking's Yin. Both are necessary for balance.

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Approval Addiction Overcoming Your Need

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In her book, Approval Addiction: Overcoming Your Need to Please Everyone, Joyce Meyer indicates – “an addiction is something that controls people – it is something they feel they cannot live without, or something they feel driven to do in order to relieve pressure, pain, or discomfort of some kind.

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Joyce Meyer's groundbreaking book: * Demonstrates that you can accept who you are * Identifies the cause of our addictive need for approval * Helps you to be released from the chains of past * Guides you through steps to break the pattern for the future Joyce writes from raw, personal knowledge of how insecurity and low self-esteem -- stemming in her case from damaging childhood experiences -- can leave us feeling constantly frustrated and lacking real peace or joy. [Like Me or Not: Overcoming Approval Addiction: Owens, Dawn ...](#)

For some the quest for approval becomes an actual addiction, as they seek self-worth from the outside world because they can't find it within themselves. Joyce Meyer understands the need for seeking approval from others to overcome feelings of rejection and low self-esteem. The good news, she says, is that there is a cure.

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Address your approval addictions. Understanding the specific character traits that foster addiction, and how our past is often a factor in our behavior, is a major step in overcoming our insecurities. Break the pattern for the future.

Some of the techniques listed in Approval Addiction: Overcoming Your Need to Please Everyone may require a sound knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them.