



# The Price of Nice

*John E. Bradshaw*

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## **The Price of Nice** John E. Bradshaw

The price of nice is about your own life, and not really being connected with others, says noted New York Times Best Selling Author John Bradshaw. Nice people often finish last in many ways. In this powerful lecture, THE PRICE OF NICE, psychologist John Bradshaw exposes the hidden and frequently destructive forces behind the facade of being the nice guy, a people pleaser and co-dependent. This lecture is for people who use nice as a disguise to cover shame, and uncovers the dishonesty, selfishness, and resentments that build as a result and prevent us from being honestly connected with others. From our earliest years we are rewarded with acceptance for being nice while being denied the expression of our true feelings and our authentic selves, ultimately, becoming an actor playing the role of nice guy or sweetheart. In its destructive form, this repression of self can erupt into rage, spontaneous acts of violence, or can be internalized in the form of emotional

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