



DOREEN VIRTUE

*The bestselling author of Earth Angel Reborn and The Angel Therapy Handbook*

ASSERTIVENESS *for*

EARTH

ANGELS

HOW TO BE LOVING  
INSTEAD OF "TOO NICE"

Doreen Virtue

## Assertiveness for Earth Angels: How to Be Loving Instead of Too Nice



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Do people benefit from your niceness? Have you got trouble truthfully communicating your emotions? If so, you may be an Earth Angel. In this groundbreaking reserve, Doreen Virtue teaches Earth Angels— pleasure than their own—extremely sweet people who care more approximately others'll discover how to overcome fears about saying no, and how exactly to ask for what you want from those around you and from the universe. You'how exactly to maintain their internal peace and loving nature while at exactly the same time holding boundaries. Assertiveness for Earth Angels is certainly for anyone who wants to learn the art of speaking up in associations and within their activism about issues related to the world.It appreciate Doreen' Whether you need more assertiveness together with your family, on the job, or in your curing work, you's gentle-but-firm method of negotiating your earthly needs in heavenly ways!



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Loved this book! I couldn't put this reserve down which really is a rare feat for me personally. John 14:6 Jesus answered, "I am just how and the truth and the life span. I'm sure I've some form of Combine.). I'm just sorry that it required me such a long time to find it. They're afraid to make moves in life or knowing when to help or when to back off. They possess their own path, and their very own lessons to learn. I possibly could feel their pain and I didn't desire them to suffer. They also tend to be in and out of abusive or manipulative relationships because they feel like they can fix everybody. EASILY had to take a break or go to sleep, I was irritated as I wanted to finish it. Although I'm no Earth Angel (or at least I don't believe I am), I still gained from this book because there were some behavior patterns discussed in this reserve that I could very well fall into from time to time. The author explains it at length, but she also offers solutions to the ones that exhibit particular behavior patterns that are destructive or cause them to be used advantage of. One of the reasons is that it's all her rather than others infusing their stories. Of course the definition will be a lot more comprehensive than that. I came across this book empowering and also detailed and informational. Doreen displays how how to enjoy life instead of people pleasing. That is one of the author, Doreen Virtue's finest books next to "Divine Guidance: How to Have got a Dialogue with God and Your Guardian Angels", "The Angel Therapy Handbook" and "Divine Prescriptions: Spiritual Solutions for You and Your FAMILY MEMBERS". This reserve is jam packed with so much details on the type of Earth Angels that it would be as well lengthy to list everything here. Those are great too, but this resonated with me on a larger level because of all the information and communications contained within it. Excellent guide for delicate and kind. I absolutely love Doreen Virtue and I've under no circumstances met a Hayhouse reserve We haven't liked. I really like it! This one actually screamed out if you ask me. Doreen describes Earth Angels as highly delicate people with an innocence regarding love and existence, believing in God's loving power, gentle, caring, observing the very best in others, trusting, optimistic and more. She digs deep into the many pitfalls of being such a sensitive being, and how exactly to figure out how to be assertive without being aggressive. For dating back to I can remember, I have found myself giving an excessive amount of, yet still feeling enjoy it was not plenty of. I usually had high targets for what I had a need to perform for others, but under no circumstances held one to that impossible regular. Although I was often bullied, it was always easier to stand up for others. Needing quiet time through my university years (and today too), was as the energy I was picking right up was exhausting me. It was that sort of book for me personally. I also learned that providing for the wrong reasons could cause resentment, fatigue, money issues, health issues and more. I remember my college years and so enjoying dating my friends. She discusses how to set healthy boundaries, how to handle professional victims, gossipers, martyrs, guilt trippers, toxic relationships, narcissists and sociopaths (who have a tendency to make the most of kind, giving people). We was an exceptionally sensitive and quiet child. I even helped individuals who were quite capable of helping themselves. This book is approximately Earth Angels who are highly sensitive human souls that want to help others yet have a difficult time saying no. Pure offering, she teaches, is not out of guilt, sense sorry or obligation. But I don't forget not liking large crowds. She discusses following your interest and shows how we can use delay tactics rather than working on our lifestyle purpose by overeating, compulsive shopping, addictive internet surfing, drug abuse and even more. I honestly sensed weird for that. Now at 48, I am more delicate than ever. I absorb everyone's energy, whether positive or harmful. It wears on me. I didn't realize that is what was happening if you ask me, until I read Doreen's book. I thought that I wasn't a strong enough person to have my very own thoughts and emotions. I felt weak. That's not what it really is. I'm empathic. Picking right up on

the feelings of my classmates when I was a child, was because I must say i could feel what they were feeling. After reading Doreen's publication, I learned that my jumping in to try and "save" them didn't do them any favors. Personally i think very grateful to Doreen that I could now feel compassion towards myself for who I am, rather than criticism. There are therefore many methods to look at a situation, and a growing number of I am taking the positive view. That is what is so wonderful about reading books such as this, you will find who you truly are, and let go of that negative voice. A few of the many things protected in this publication are things such as learning to be more assertive, developing better conversation abilities, having boundaries and understanding how to state no, toxic and karmic associations, trying to repair people, ridding oneself of negative traits like guilt, be concerned and fear. Believe me, we had a lot of fun collectively, but I don't forget feeling drained (not really from my dear close friends, just the crowd around us) and requiring time by myself too. She shows us how to shield ourselves from harsh energies with crystals, angel lamps, clearing, grounding and trees (yes, go hug a tree, it heals! However, that was not the case with this book. Also, become familiar with how to have significantly more hard work by working out, stretching and releasing, and eating healthfully. This book gave me direction. She manuals us to be truthful with ourselves about our real intentions, and provides so many equipment to live a geniune, positive, peaceful and purposeful life. No-one comes to the Father except through me. In Gratitude, Kerri Mulhern Powerful This is exactly what i needed at this point in my life! I will practice the techniques given in this reserve. I love it! This book really makes you think. As a recovering people pleaser, Assertiveness for Earth Angels: How to be Loving Rather than "Too Great" by Doreen Virtue was an ideal choice as my most recent read. John 14: 6 Jesus answered, "I am the ... I might start a reserve and I end up shelving it for some time or indefinitely as I've found another one and so forth. As you can probably tell by now, I highly recommend this book. Five Stars Excellent. One of my favorite books. Five Stars very good read Awsome! There is indeed much wonderful details packed into this reserve, and what I really like approximately Doreen, is that she actually is honest and caring. It answered questions that I have usually acquired. I picked it up and was immediately pulled into it and I had to continue without stopping. I assume that I wouldn't have already been ready before. Five Stars good Five Stars As anticipated!



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