

[PDF] Too Nice For Your Own Good: How To Stop Making 9 Self-Sabotaging Mistakes

Duke Robinson - pdf download free book

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Author: Duke Robinson

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Description:

From the Inside Flap HIGH PRAISE

for

TOO NICE FOR YOUR OWN GOOD:

How to Stop Making 9 Self-Sabotaging Mistakes

"I hope many people will read this book and benefit from its honesty, eloquence and wisdom."

Rabbi Harold S. Kushner, author of *When Bad Things Happen to Good People* and *How Good do*

We Have to Be?"

"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."

The Library Journal

"Profound, provocative, and practical...A thoughtful and deeply felt gift to all of us who get caught between the goodness of our hearts and our own naivete."

Shirley Nice, The Corporate Coach

"Do-gooders: Here's why you burn out...In this book, Robinson show how too much of a good thing can lead to emotional and physical exhaustion. His goal is to liberate do-gooders from their self-sacrificing bondage."

New Orleans Times-Picayune

"The wit and wisdom of Duke Robinson is about to become national knowledge. And he does more than simply analyze the mistakes we all make as nice persons. Attention to this very readable and practical book can make a good difference in the way we live."

Paul H. Gertmenian, CEO, Henry Gertmenian Co.

"The mistakes described in this book are like the common cold...Duke Robinson has done a masteful job defeating these emotional viruses...Reading this book and taking it seriously could save hundreds of hours in therapy, and it's a lot more fun."

Dr. Robert R. Ball, executive director, the State of California's Self-Esteem Task Force, and author of *Walking on Water*

"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, professor emeritus, Pacific School of Religion, Berkeley, CA

"Robinson's nine chapters turn the qualities of niceness inside out: 'trying to be perfect,' 'taking on too much,' 'not saying what you want,' 'suppressing anger,' 'reasoning with irrationality,' 'telling

little lies,' 'giving advice,' 'rescuing others,' and 'protecting those in grief. Sound familiar? He says he can help you get over it without becoming an ogre."

The Dallas Morning Newspapers

"I wish this book had come along earlier in my career...These practical steps toward authenticity help us put our lives in order and feel good about it."

Darrell Floyd, retired human resources manager, Nissan Motor Corporation, USA

"An unsentimental blueprint for complete living as well as a provocation to the highest humanity in all of us."

Leroy Aarons, founder and board member, National Gay and Lesbian Journalists Association and author of *Prayers for Bobby*

"A superb book...transforming...In clear and simple language, Dr. Robinson shows how being 'nice' often means living by a tyranny of expectations."

Stanley F. Hogle, former executive director, Interface-Samaritan Counseling Centers

"Duke Robinson's book on 'mistakes made by nice people' is a big hit. He shows so clearly how niceness keeps us from growing and dealing honestly with one another."

Presbyterian Outlook

About the Author

In 1997, Warner Books (Time Warner) published **Duke Robinson's** award-winning hardback, ***GOOD INTENTIONS: The Nine Unconscious Mistakes of Nice People***. It appeared in twelve languages, a Kindle version, and an audiobook, which the author narrated.

In November 2000, came this **paperback** version of ***GOOD INTENTIONS***, under the title, ***TOO NICE FOR YOUR OWN GOOD: How to Stop Making 9 Self-Sabotaging Mistakes***.

In December 2011, through CreateSpace, Robinson published ***CREATE YOUR BEST LIFE--KILL THE GRIM REAPER: How to live Fully Knowing One Day You Will Die***. You will find its link below this one on the author's sales page.

In October 2012, also through CreateSpace, the author published his first novel, ***SAVIOR: An Old Notion in a New Novel of Unthinkable Absurdity***. You also will find a link for this book on Robinson's sales page.

In 2013, Robinson is working on, ***The Process of Secularization: A Memoir***.

Duke Robinson grew up in suburban Philadelphia. He graduated in 1950 from Haverford High School, in 1954 from Wheaton College (Illinois) and in 1958 from Louisville Presbyterian Theological Seminary. Since 1960 he has lived in the East Bay of Northern California. For twenty-eight years,

1968-96, he served as pastor of the progressive Montclair Presbyterian Church in Oakland. For several years during that ministry, he also was an adjunct professor at San Francisco Theological Seminary, from which he received an earned doctorate, 1979. Prior to retiring in 1996, he was known widely as a speaker and appeared frequently on television in Northern California.

Since 2000, **Robinson** has lived in Rossmoor, an active retirement community of nearly ten thousand residents, in Walnut Creek, California, about 15 miles east of Oakland. He enjoys four children, nine grandchildren and, since October 20012, when he published *his novel*, **SAVIOR**, a great--really, really great--grandson. Robinson turned 80 on January 27, 2013.

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