

# A PEEK INSIDE BREAKING FREE FROM PEOPLE PLEASING

DISCOVER THE FIRST STEPS TO BREAKING  
FREE FROM GUILT, OVERWHELM, AND THE  
FEAR OF SAYING NO.

Want more? The full book is available now on Amazon.





# First Pages PREVIEW

You don't have to  
keep living for others  
at the expense of  
yourself. You can  
break free.



Dear Reader,

If you picked up this book, chances are you know what it feels like to put everyone else first—to stay small, to avoid conflict, to feel responsible for other people's emotions. You may even wonder who you are outside of meeting everyone else's expectations. I know this struggle well, not just as a therapist, but as someone who spent years trapped in a cycle of people-pleasing myself.

I wrote *Breaking Free from People-Pleasing* because I know how exhausting it is to constantly seek approval, to feel guilty for saying no, and to wonder if your worth is tied to how much you do for others. I also know the freedom that comes when you begin to **choose yourself**—not in a selfish way, but in a way that honors your needs, values, and well-being.

Inside these pages, you'll find a deeper understanding of why you became a people-pleaser in the first place and practical steps to start rewriting those patterns. We'll explore the roots of this behavior, how to set boundaries without guilt, and how to build confidence in who you truly are—without fear of disappointing others.

I hope that as you move through this book, you begin to see yourself as someone who **deserves** to take up space, to be heard, and to be valued—not just for what you do but for who you are. And I'll be here, guiding you every step of the way.

Know this: **You are capable, You are worthy, and You are enough.**

# *3 Quick Signs*

## YOU MIGHT BE A PEOPLE-PLEASER

If these sound familiar, you're not alone—and you're not broken. This book will help you untangle these patterns and build a life that finally feels like your own.

YOU FEEL GUILTY SAYING NO, EVEN  
WHEN YOU'RE OVERWHELMED

.....

YOU CONSTANTLY SEEK APPROVAL  
FROM OTHERS TO FEEL SECURE

.....

YOU SAY "SORRY EVEN WHEN YOU  
HAVEN'T DONE ANYTHING WRONG

.....



# Journal Prompts

## FROM THE BOOK

A taste of the reflective work inside the full book.

1

Who am I without people-pleasing?

---

---

---

2

In what ways does people-pleasing show up in your life today?

---

---

---

3

What are some fears that keep you from prioritizing yourself?

---

---

---

These are the types of questions that will help you reconnect with yourself and reclaim your power.



# About the AUTHOR

Abbie Anderson, LCSW, is a licensed clinical social worker, trauma therapist, and recovered people pleaser. She specializes in helping women heal from complex trauma and dissociative disorders so they can feel safe in their bodies, confident in their boundaries, and empowered in their relationships.



Abbie is the found of Authentic Healing Counseling Services, PLLC, a private therapy practice where she guides clients toward deep, lasting change—not just symptom relief. She's also a mom, introvert, creativity lover, and firm believer that healing doesn't mean fixing yourself—it means coming home to who you are.



## READY TO GO DEEPER?

**BREAKING FREE FROM  
PEOPLE-PLEASING IS YOUR  
COMPASSIONATE, NO-FLUFF  
GUIDE TO FINALLY PUTTING  
YOURSELF FIRST—WITHOUT  
GUILT.**

Available now on Amazon:  
<https://a.co/d/3oHmuu3>

Visit: [www.authentichealingfm.com](http://www.authentichealingfm.com)

Follow: @authentichealingwithabbie