

No More Mr. Nice Guy

- by Glover, Robert

"Nice Guys are concerned about looking good and doing it "right. "

loc 45-45 | Tuesday, November 15, 2022 4:06:50 PM

"The Nice Guy Syndrome represents a belief that if Nice Guys are "good," they will be loved, get their needs met, and live a problem-free life. "

loc 52-53 | Tuesday, November 15, 2022 4:07:44 PM

"sense:Because it does not feel safe or acceptable for a boy or man to be just who he is. "

loc 370-370 | Tuesday, November 15, 2022 4:09:00 PM

"Whenever a child experiences any kind of abandonment he will always believe that he is the cause of what has happened to him. "

loc 386-387 | Tuesday, November 15, 2022 4:09:33 PM

"The progression from perfect little boy to Nice Guy basically occurs in three stages:Abandonment, internalization of toxic shame, and the creation of survival mechanisms. "

loc 486-488 | Wednesday, November 16, 2022 4:19:09 AM