

TOO NICE FOR YOUR OWN GOOD HOW TO STOP MAKING 9 SELF SABOTAGING MISTAKES KIND

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Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes

Despite our best intentions, being excessively nice can sometimes do more harm than good. We may find ourselves feeling taken advantage of, undervalued, or even emotionally drained. Duke Robinson's new book, "Too Nice for Your Own Good," explores the common mistakes we make when we're too nice and offers practical strategies for breaking free from these self-sabotaging habits.

Q: Why is it important to stop being "too nice"?

A: Being excessively nice can lead to a number of negative consequences, including low self-esteem, anxiety, and resentment. It can also make it difficult for us to set boundaries, which can result in us being taken advantage of.

Q: What are some of the self-sabotaging mistakes that "nice" people often make?

A: Robinson identifies nine common mistakes that "nice" people make, including:

1. Apologizing too much
2. Saying yes when we mean no
3. Not setting boundaries
4. Putting others' needs before our own
5. Seeking approval from others

6. Tolerating bad behavior
7. Feeling guilty for setting boundaries
8. Not trusting our instincts
9. Not speaking up for ourselves

Q: How can we stop making these mistakes?

A: Robinson suggests a number of strategies for overcoming these self-sabotaging habits, including:

- **Challenging our beliefs about niceness.** We need to understand that being nice is not the same as being a doormat.
- **Learning to say no.** It's okay to say no to requests that we don't want to do.
- **Setting boundaries.** We need to let others know what we will and will not tolerate.
- **Putting our own needs first.** We need to make sure that we're taking care of ourselves both physically and emotionally.
- **Trusting our instincts.** We need to listen to our gut feelings and act on them.

Q: What are some of the benefits of stopping being "too nice"?

A: By breaking free from these self-sabotaging habits, we can experience a number of benefits, including:

- Increased self-esteem
- Reduced anxiety
- Improved relationships
- More time and energy for the things that we want to do
- A greater sense of control over our lives

Q: Where can I learn more about this topic?

A: For more information on this topic, I recommend reading Duke Robinson's book, "Too Nice for Your Own Good." The book is available on Kindle edition.

TOEFL iBT Test: Edition and Key Features

The Test of English as a Foreign Language (TOEFL) iBT is a standardized English proficiency test administered by ETS. It is widely accepted by universities and institutions worldwide as proof of language proficiency for non-native English speakers.

Paragraph 1: Overview of the TOEFL iBT

The TOEFL iBT is administered online and consists of four sections: Reading, Listening, Speaking, and Writing. Each section tests a different aspect of English proficiency. The Reading section involves reading academic texts and answering comprehension questions. The Listening section requires understanding spoken English in various academic and conversational contexts.

Paragraph 2: TOEFL iBT Test Editions

There are two editions of the TOEFL iBT:

- **Standard Edition:** This is the most common edition used by test takers. It is a 3-hour 30-minute exam that includes all four sections.
- **Home Edition:** Introduced in response to the COVID-19 pandemic, the Home Edition allows test takers to take the exam at home using a computer and webcam.

Paragraph 3: Content and Structure of the Standard Edition

The Standard Edition of the TOEFL iBT consists of:

- **Reading:** 3 passages (60-80 minutes)
- **Listening:** 4-6 lectures and conversations (60-90 minutes)
- **Speaking:** 6 tasks (20 minutes)
- **Writing:** 2 tasks (50 minutes)

Paragraph 4: Content and Structure of the Home Edition

The Home Edition of the TOEFL iBT is slightly different from the Standard Edition:
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- **Reading:** 3 passages (54-72 minutes)
- **Listening:** 4 lectures and 3 conversations (54-72 minutes)
- **Speaking:** 4 tasks (17 minutes)
- **Writing:** 2 tasks (30 minutes)

Paragraph 5: Key Features

Key features of the TOEFL iBT include:

- **Academic Focus:** The exam tests academic English skills required for success in higher education.
- **Integrated Skills:** All four sections assess proficiency in different aspects of language use.
- **Adaptive Testing:** The Reading and Listening sections are adaptive, adjusting to the test taker's performance.
- **Computerized Administration:** The exam is taken online, ensuring consistency and efficiency.

When the Elephants Dance: A Deep Dive into Tess Uriza Holthe's Powerful Novel

Tess Uriza Holthe's captivating novel, "When the Elephants Dance," published by Penguin Books in 2003 as a paperback, delves into a profound and emotionally charged narrative that explores themes of family, identity, and the complexities of human nature.

1. Who is the protagonist of "When the Elephants Dance"?

The protagonist is Malia McPherson, a young Filipino-American woman who embarks on a journey of self-discovery and healing after the sudden death of her beloved grandmother.

2. What is the central conflict in the novel?

Malia's struggle to reconcile her Filipino heritage with her Western upbringing creates an internal conflict that drives the story. She grapples with questions of

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identity, belonging, and the weight of familial expectations.

3. How does the title relate to the novel's themes?

The title, "When the Elephants Dance," is a metaphor for the disruptive and transformative events that can occur in family relationships. Just as the arrival of elephants can shake the foundations of an ecosystem, Malia's grandmother's death and the secrets that emerge in its wake trigger a series of disruptions and revelations that force Malia to confront her past and embrace her true identity.

4. What are the major themes explored in the novel?

"When the Elephants Dance" explores themes of family, identity, grief, forgiveness, and the search for connection. It also delves into the complexities of culture, immigration, and the intergenerational transmission of trauma.

5. What is the significance of the setting in the novel?

The novel is set in both the Philippines and California, highlighting the duality of Malia's identity. The contrasting cultures and landscapes serve as a backdrop for her journey of self-understanding and the exploration of family dynamics across geographic and cultural boundaries.

What is Whamo Software?

Whamo Software is a cloud-based software platform designed to streamline sales and marketing operations for businesses of all sizes. It offers a comprehensive suite of features, including:

- **CRM (Customer Relationship Management):** Manage customer data, track interactions, and nurture relationships.
- **Marketing Automation:** Automate marketing campaigns, track website analytics, and generate leads.
- **Sales Pipeline Management:** Visualize the sales pipeline, track progress, and identify opportunities.
- **Reporting and Analytics:** Generate reports and dashboards to measure performance and make data-driven decisions.

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What are the Benefits of Using Whamo Software?

- **Increased Sales:** Streamline the sales process and improve win rates.
- **Enhanced Customer Relationships:** Build strong relationships with customers and provide personalized experiences.
- **Improved Marketing Efficiency:** Automate marketing campaigns and track results to increase ROI.
- **Data Insights:** Gain actionable insights from customer data and make informed decisions.
- **Time Savings:** Automate repetitive tasks and free up time for more strategic activities.

How Does Whamo Software Work?

Whamo Software is a cloud-based platform that is accessible from any device with an internet connection. Users can create custom workflows, automate tasks, and integrate with other business systems. The software also includes built-in reporting and analytics tools that provide visibility into performance and help businesses make data-driven decisions.

Is Whamo Software Right for Your Business?

Whamo Software is a suitable solution for businesses of all sizes that are looking to improve their sales and marketing operations. It is particularly beneficial for businesses that:

- **Have complex sales processes**
- **Need to automate marketing campaigns**
- **Want to improve customer relationships**
- **Are looking to gain insights from customer data**
- **Are looking to save time and increase efficiency**

How to Get Started with Whamo Software

If you are interested in using Whamo Software, you can sign up for a free trial on their website. You can also schedule a demo with a sales representative to learn more about the software and see how it can benefit your business.

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