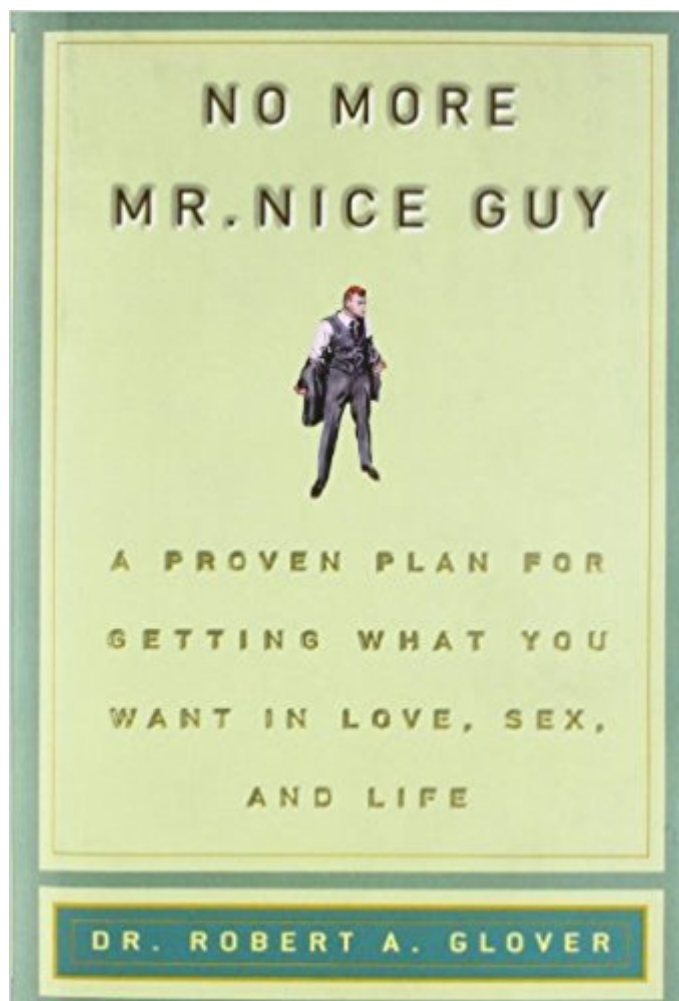


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# No More Mr Nice Guy



## Synopsis

Originally published as an e-book that became a controversial media phenomenon, *No More Mr. Nice Guy!* landed its author, a certified marriage and family therapist, on *The O'Reilly Factor* and the *Rush Limbaugh* radio show. Dr. Robert Glover has dubbed the "Nice Guy Syndrome" trying too hard to please others while neglecting one's own needs, thus causing unhappiness and resentment. It's no wonder that unfulfilled Nice Guys lash out in frustration at their loved ones, claims Dr. Glover. He explains how they can stop seeking approval and start getting what they want in life, by presenting the information and tools to help them ensure their needs are met, to express their emotions, to have a satisfying sex life, to embrace their masculinity and form meaningful relationships with other men, and to live up to their creative potential.

## Book Information

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## Customer Reviews

Wife perspective...\*\*\*My husband has seemed to hit a heck of a rut in life lately. I can't get through to him and it seemed like he was trying to go about things in unhealthy ways that, from what I see, wasn't helping. This all has been happening these past couple of months and frankly I was getting hurt and pushed away no matter what I tried to do to help him. One night after googling what he has been going through, I found out that he was a classic 'self shamer'. Down to the T. In one of the articles I read, this book was mentioned so I looked into it on here. I ordered it right away and although my husband was reluctant to even go near this book, as he felt what good what come from it, I began reading out loud to him from the book. Just getting through the first chapter had him

hooked and wanting to know more. He's not much of a reader, so I've still been reading out loud to him which I feel has helped us both. He can see what he is doing, and I can know how better to help him. He still isn't fully out of his funk, but at least he has agreed to go through counseling to help get back on track because of this book. And while I'm still feeling down and lonely because of whatever he is going through too, at least it gives me a little hope that this book will work. As I said, I'm just a woman, but if your partner is feeling like they're getting no where in life, or that they feel as if they have basically failed at everything, then read this book. If you see them struggling, read this book because it has a lot of insight of what is going on. And it can even help you.

Every man must read this book that has ever wondered why the girls choose the jerks over them, even though that same girl has said she wants a "nice guy, that is sweet, supports me, provides for me, etc..." This book doesn't teach you how to be a jerk to women, it teaches you how to be a man, which is what they want... This is why she chooses the jerk... If you're still single and can't figure out why (you have a great job, money, car(s), you want kids, you're sweet, you're a gentleman, EVERYTHING you were told a woman wants), READ THIS BOOK. Same for married guys (like me) if you feel like you do everything for your family, but it's underappreciated... Read this book. Thank Robert Glover and me later. Yes, I'm still married.

I first heard of Dr. Glover listening to a Knowledge for Men podcast. When I heard his definition of what a "Nice Guy" was, I couldn't believe my ears. How could his description of me be so accurate. I found his book to be enlightening, informative and most importantly, practical and useful. Dr. Glover does an excellent job providing recovering "Nice Guys" like myself practical steps they can take to transform their lives and get exactly what they want. Within a few days of completing "No More Mr. Nice Guy" I have been more honest with myself and others, taken steps to advance my career and planning a much needed vacation. Dr. Glover shows you how to get what you want and deserve out of life.

Excellent book for those interested to understand yourself or in my case a family member. Being the 2nd child (therefore the easier path), it was very enlightening to read in such a succinct way how certain events in the early stage of a child development could unconsciously impact confidence 50 years later. It was always a puzzle to me as we had the same dad and mom and how could we be so different in many aspects of life. Well written, easy to understand and great exercise to help folks become an integrated person. This makes even more sense when you combine this book with

conscious energy scale research....

I never wanted to admit it before but I share a lot of common traits with the Mr Nice Guy described by the author, and it made me realize that satisfying my own needs should be always come first for my own sake and for my family's. Lesson learned!

I enjoyed reading this book. While I do not agree with everything the author says, I think many points and arguments are incredibly valid. This book first of all is not a pity party. It is not about putting blame on others, though reasons are given as to why some men become "nice guys." The ultimate point is that by being a nice guy, you ultimately create more harm for yourself and often for others. This may be in your marriage or love life, your career, or other aspects of your life. I know a fair number of men who would fall into this category. And certain points raised in the book hit the nail on the head when it came to my own life. The book offers strategies and helpful tips to deal with those challenges, which face many of us in some way or another in life.

this book SAVED MY LIFE. Reading this was a little unnerving at first because it read like a biography about myself. Fortunately, the solutions work. Answers all the questions a pathological nice guy needs answered.

Get the life you deserve. Stop waiting on the sidelines. As a therapist and one who is in recovery from Nice Guy Syndrome, this book is a great tool for my clients and myself. This has strengthened my clinical practice, as someone (Dr. Glover), has labeled a diagnosed a problem I often seen with men. The great thing about this book is that there is a plan to live with authenticity and to your full potential. Face your fears and stop making excuses!

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