



Good With Me: A Simple Approach to Real Happiness from the Inside Out

Patricia Noll

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Is Your Self-Esteem *Other-Dependent*?

Are you unhappy and don't know why or how to fix it?

Do you compare yourself to others and end up feeling bad about yourself?

Do you worry about what others think about you?

Is being successful and having it all not enough?

Have you given up on yourself?

If your answer is yes to any of the above, you may have other-dependent esteem. According to licensed counselor and self-esteem expert Patricia Noll, other-dependent esteem means that our happiness and self-worth depend upon something outside of ourselves, such as:

- what we have, do, and know
- what others think about us
- looking good
- being right
- achievements and accomplishments
- being the best
- and more.

The problem is that *nothing* outside of ourselves can truly make us happy—at least not for long. Other-dependent esteem creates a cycle of stress, addictive behavior, dependency, and ultimately deep unhappiness.

In *Good With Me*, Noll presents the same revolutionary approach that has helped her clients at Focus One shift from other-dependent esteem to true, self-dependent esteem—and experience freedom from crippling effects of other-dependency. This simple, practical, step-by-step solution will also help you finally achieve lasting happiness from the inside out, regardless of circumstances.

Patricia Noll is a licensed mental health counselor, certified addictions professional, and acupuncture physician. As the founder of Focus One, an outpatient substance abuse program licensed by the state

of Florida since 1989, Noll specializes in addressing self-esteem as the root of all addiction. She has appeared on television as an addictions expert, and her addiction treatment manual has received endorsements from Deepak Chopra, Larry Dossey, Jack Kornfield, and Jacquelyn Small. Her mission is to help build a society based on true self-esteem, solving the global challenges created by our other-dependent society one person at a time.

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Eloise Torres:

Have you spare time for a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to typically the Mall. How about open as well as read a book allowed Good With Me: A Simple Approach to Real Happiness from the Inside Out? Maybe it is to become best activity for you. You realize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have other opinion?

Molly Cooper:

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparettime with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Good With Me: A Simple Approach to Real Happiness from the Inside Out can be great book to read. May be it may be best activity to you.

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April Hannah:

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