

Don't Be That Girl



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著者:Stork, Travis L., M.d./ Furman, Leah

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Don't Be That Girl cuts to the heart of what makes a woman cross into that girl territory and the red flags that tip guys off to the possibility that, yikes, they may be dating that girl. So who is that girl, exactly? She defies a simple definition. She may be the chameleon who turns into a completely different person the second a guy walks into the room. She could be the girl with the ironclad agenda that she's held to dearly since her first encounter with Modern Bride (and she'll do anything to make sure her plan materializes). Or she's the consummate "yes" girl who is always going along with his every wish. If she's not saying yes, she might very well be a drama queen who is always saying no because she can't seem to live without conflict. Then again, she might not be dramatic at all, just miserable inside, wearing her anger and bitterness as a badge of honor. In short, she's the girl who's trying fruitlessly to be someone she's not -- who's falling victim to the common pitfalls and patterns that lead to that girl behavior -- rather than believing in herself, following her passions, and maintaining healthy priorities.

But Don't Be That Girl isn't all cautionary tales and bad news. Often, the same traits that make a woman that girl are the traits that, at their core, are her biggest strengths -- if she only knew how to refocus them. By drawing attention to and celebrating these positive attributes, Dr. Stork reveals how to cultivate and take advantage of them in ways that will lead you to the confidence and happiness that you deserve. Whether you are in a relationship, hopelessly searching, or somewhere in between, this book will arm you with practical insights so you will never again have to ask yourself, Is it me or is it him?

1. Agenda Girl按部就班的女孩
2. Yes Girl千依百顺的女孩
3. Drama Queen Girl “事儿妈” 小题大做的女孩
4. Bitter Girl苦大仇深的女孩
5. Insecure Girl没有安全感的女孩
6. Desperate Girl绝望的女孩
7. Working Girl事业型女孩
8. Lost Girl迷失的女孩

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