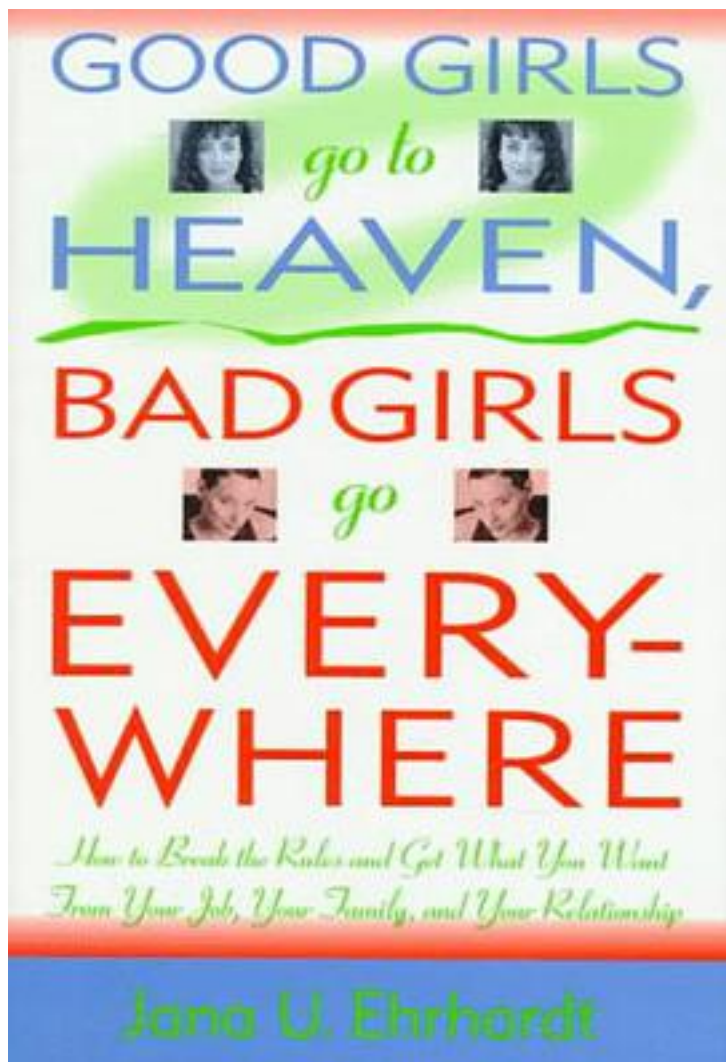


# Good Girls Go to Heaven, Bad Girls Go Everywhere



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出版者:St Martins Pr

出版时间:1997-3

装帧:Hardcover

isbn:9780312151362

In one of the most intriguing, penetrating analyses of female behavior yet, this best-selling author from Germany explores what goes into creating the "good girl" mentality that convinces women to settle for leftovers instead of reaching for the gold. Women, she says, need to let go of the superwoman myth and focus instead on balancing their own needs realistically with the demands of the outside world. They need to believe in their abilities, trust their intelligence and competence, and embrace risk rather than giving into the fear of setbacks that can keep them from achieving their full potential. Somewhere between lack of self-esteem and learned constraints lies the reason women hold back from pursuing their own desires. By outlining the mental traps that keep women from asserting themselves, as well as the submissive body language that signals passivity to others, and by sharing clear, effective strategies for greater happiness, Ehrhardt provides the necessary tools to liberate women from their "good" selves and help them get what they really want.

作者介绍:

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## 标签

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