

52 LESSONS FOR NICE-AHOLICS

HELP TO HELP LESS



**I'M ALLOWED
TO MAKE
MISSTEAKS**

Chad David

Being overly nice is great... for everyone else. Unfortunately, it makes you a pushover and typically leaves the overly nice person burnt out and feeling taken advantage of while carrying guilt for not doing more. Sounds great, doesn't it? But isn't being nice the right thing to do? Yes, to a point. There's a line between nice and too nice. Thus, this book looks at what it means to be nice in a healthy way, which includes learning how to both give and receive in a balanced way. After all, you matter and I matter; we need a balance between selfish and enabling.. Hopefully this book will help my fellow nice-aholics learn to protect themselves and be happier in order to help them continue giving, but in a way that will help them enjoy life more.



Chad grew up in a very nice home with very nice people doing very nice things. It was very nice, but even very nice things can lead to very un-nice things like being a nice-aholic. His own family with three beautiful daughters wouldn't describe him as "very nice," but that's a good thing as this book will explain.