

from people pleaser to soul pleaser

From People Pleaser to Soul Pleaser

Embarking on the journey from being a people pleaser to becoming a soul pleaser is a profound transformation that involves redefining your priorities, setting healthy boundaries, and reconnecting with your authentic self. While people pleasers often seek validation and approval from others, soul pleasers focus on nurturing their inner well-being and aligning their actions with their core values. This shift not only fosters genuine happiness but also enhances personal growth, emotional resilience, and fulfilling relationships. In this comprehensive guide, we will explore the differences between people pleasing and soul pleasing, provide practical steps to transition from one to the other, and offer insights to help you live a more authentic and purpose-driven life.

Understanding the Difference: People Pleaser vs. Soul Pleaser

What Is a People Pleaser?

A people pleaser is someone who consistently prioritizes others' needs and desires over their own, often at the expense of their well-being. This behavior typically stems from a desire for approval, fear of rejection, or low self-esteem. People pleasers tend to:

- Say "yes" even when they want to say "no"
- Avoid conflict at all costs
- Suppress their true feelings to maintain harmony
- Chase external validation
- Feel guilty when they assert themselves

What Is a Soul Pleaser?

A soul pleaser, on the other hand, is someone who seeks alignment with their internal values and purpose. They focus on nourishing their spirit, honoring their boundaries, and engaging in actions that bring genuine fulfillment. Characteristics include:

- Saying “no” when necessary to preserve energy
- Embracing authenticity and vulnerability
- Prioritizing self-care and inner peace
- Acting in alignment with personal values
- Inspiring others through compassion and integrity

Key Differences at a Glance

Aspect	People Pleaser	Soul Pleaser
Motivation	External validation	Inner fulfillment
Boundary Setting	Difficult	Healthy and clear
Self-Identity	Based on others’ approval	Based on authentic self
Emotional State	Anxiety, guilt	Peace, confidence
Relationship Focus	Avoiding conflict	Mutual respect and growth

Why Transitioning from People Pleasing to Soul Pleasing Matters

Making this shift is essential for several reasons:

- Enhanced Self-Esteem: Authenticity fosters genuine self-respect.
- Reduced Stress and Anxiety: Setting boundaries minimizes emotional exhaustion.
- Deeper Relationships: Honest interactions build trust and intimacy.
- Personal Growth: Aligning with your purpose leads to a more meaningful life.
- Inner Peace: Living according to your values creates lasting contentment.

Practical Steps to Transition from People Pleaser to Soul Pleaser

1. Cultivate Self-Awareness

The first step in this journey is understanding your current patterns and motivations. Reflect on questions such as:

- Why do I find it difficult to say “no”?
- What am I afraid will happen if I prioritize myself?
- What are my core values and passions?
- When do I feel most authentic?

Journaling, mindfulness, or therapy can aid in increasing awareness of subconscious beliefs driving your behavior.

2. Identify and Establish Healthy Boundaries

Boundaries are essential for protecting your well-being and maintaining authentic relationships. To set boundaries:

- Recognize situations where you feel discomfort or resentment.
- Clearly define what is acceptable and what isn't.
- Communicate your boundaries assertively but kindly.
- Be consistent in enforcing them.

Sample boundary statements include:

- "I appreciate your invitation, but I need some time for myself."
- "I'm not comfortable discussing this topic."

3. Practice Saying "No" with Confidence

Learning to decline requests without guilt is a cornerstone of becoming a soul pleaser. Tips include:

- Use polite but firm language.
- Offer alternatives if appropriate.
- Remind yourself that saying "no" is a form of self-respect.
- Start small – practice saying "no" in low-stakes situations.

4. Reconnect with Your Authentic Self

Discovering what truly matters to you involves deep self-reflection. Activities to facilitate this include:

- Meditation and mindfulness practices
- Creative pursuits that express your personality
- Clarifying your values and life purpose
- Spending time alone to listen to your inner voice

5. Shift Your Focus from External Validation to Internal Fulfillment

Prioritize activities and relationships that nourish your soul. Consider:

- Engaging in hobbies that bring joy
- Building relationships based on mutual respect
- Celebrating your achievements and progress
- Practicing gratitude for who you are

6. Develop Emotional Resilience

Rejection and criticism are inevitable when you start asserting yourself. To build resilience:

- Reframe negative feedback as growth opportunities
- Practice self-compassion
- Surround yourself with supportive individuals
- Use affirmations to reinforce your self-worth

7. Seek Support and Accountability

Transforming deeply ingrained habits can be challenging. Consider:

- Working with a therapist or coach
- Joining support groups
- Connecting with like-minded individuals on similar journeys
- Sharing your goals with trusted friends or mentors

Maintaining Your Journey: Tips for Long-Term Success

1. Regular Self-Check-Ins

Schedule periodic reflections to assess your progress. Ask:

- Am I honoring my boundaries?
- Do I feel more authentic?
- What challenges am I facing?

2. Celebrate Your Wins

Acknowledge every step forward, no matter how small. Celebrate by:

- Journaling your achievements
- Sharing successes with supportive people
- Rewarding yourself with activities you love

3. Continue Personal Development

Stay committed to growth by:

- Reading books on authenticity and self-love
- Attending workshops or seminars
- Practicing mindfulness and meditation regularly

4. Be Patient and Compassionate

Transformation takes time. Be gentle with yourself during setbacks and remember that progress is

nonlinear.

Conclusion: Embrace Your Authentic Self as a Soul Pleaser

Transitioning from being a people pleaser to a soul pleaser is a transformative journey toward living a life rooted in authenticity, purpose, and inner peace. It requires self-awareness, boundary setting, and a commitment to honoring your true self. By shifting your focus from external validation to internal fulfillment, you open the door to more meaningful relationships, greater self-esteem, and a deeper sense of happiness. Remember, the path to becoming a soul pleaser is unique for everyone. Embrace your journey with patience, compassion, and the unwavering belief that living authentically is the greatest gift you can give to yourself and the world.

Frequently Asked Questions

What does it mean to go from a people pleaser to a soul pleaser?

Transitioning from a people pleaser to a soul pleaser involves shifting focus from seeking external approval to nurturing your inner values and authentic self, aligning actions with your true purpose and inner fulfillment.

Why do people often start as people pleasers, and how does this affect their well-being?

Many people become people pleasers to gain acceptance or avoid conflict, but this behavior can lead to burnout, resentment, and a loss of self-identity, ultimately negatively impacting mental and emotional health.

What are practical steps to stop seeking validation from others and start listening to your inner voice?

Practices like setting boundaries, practicing self-reflection, journaling, and mindfulness can help you reconnect with your core values, reduce external validation dependence, and foster inner confidence.

How can embracing authenticity help in becoming a soul pleaser?

Embracing authenticity allows you to honor your true self, which leads to more meaningful relationships and a sense of fulfillment, transforming your interactions from superficial to soulful connections.

What role does self-love play in shifting from a people pleaser to a soul pleaser?

Self-love is fundamental; it helps you value your needs and boundaries, fostering confidence to act in alignment with your true purpose rather than seeking approval from others.

Are there common challenges people face when making this transition, and how can they overcome them?

Common challenges include fear of rejection and guilt. Overcoming these involves gradual practice, seeking support from mentors or therapists, and reaffirming your commitment to your authentic path.

Can mindfulness and meditation assist in becoming a soul pleaser?

Yes, mindfulness and meditation cultivate self-awareness and emotional regulation, helping you stay connected to your inner guidance and make choices aligned with your true self.

What long-term benefits can one expect after shifting from a people

pleaser to a soul pleaser?

Long-term benefits include increased self-confidence, deeper authentic relationships, inner peace, and a greater sense of purpose and fulfillment in life.

Additional Resources

From People Pleaser to Soul Pleaser: Navigating the Journey Towards Authentic Fulfillment

In a world that often celebrates conformity and external approval, many individuals find themselves caught in the endless cycle of pleasing others. This tendency, known as people-pleasing, can lead to exhaustion, resentment, and a loss of authentic self. Yet, a transformative journey exists – one that shifts focus from external validation to inner fulfillment. This is the path from being a people pleaser to a soul pleaser, where genuine happiness and purpose replace superficial approval. In this article, we explore what it means to make this transition, why it matters, and how to embark on a meaningful journey toward authentic living.

Understanding the People-Pleaser Mindset

The Roots of People-Pleasing Behavior

People-pleasing often begins in childhood or adolescence, influenced by various factors such as:

- Family Dynamics: Growing up in environments where approval was conditional or where conflict was avoided can instill a desire to seek validation from others.
- Cultural Expectations: Societal norms that emphasize politeness, humility, or self-sacrifice can reinforce the tendency to prioritize others' needs above one's own.
- Personal Traits: Individuals with high empathy, perfectionism, or fear of rejection are more susceptible to people-pleasing behaviors.

The Psychological Impact

While seeking to be liked may seem harmless, it can have detrimental effects:

- Loss of Authenticity: Suppressing one's true feelings to avoid conflict diminishes personal integrity.
- Emotional Exhaustion: Constantly catering to others drains energy and leads to burnout.
- Reduced Self-Esteem: Relying on external approval can erode self-confidence and inner worth.
- Impaired Boundaries: Difficulty setting limits can result in being overwhelmed or taken advantage of.

Recognizing these patterns is the first step toward change. It involves honest self-reflection about motivations and emotional needs.

The Shift: From External Validation to Inner Fulfillment

Defining the Concept of a 'Soul Pleaser'

Transitioning from people-pleasing to soul-pleasing involves prioritizing what aligns with your core values, passions, and authentic self. A "soul pleaser" seeks fulfillment not in the approval of others but in cultivating inner peace, purpose, and integrity.

Key differences include:

People Pleaser Soul Pleaser	
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Driven by the desire to be liked	Driven by the desire to be true to oneself
Prioritizes others' needs over personal needs Prioritizes personal growth and passions	
Avoids conflict to maintain harmony Embraces authentic communication, even if it causes discomfort	
Seeks external validation Finds validation within oneself	

| Experiences guilt when saying 'no' | Practices healthy boundaries without guilt |

This shift is not about disregarding others but about fostering genuine relationships rooted in honesty and mutual respect.

Practical Steps Toward Becoming a Soul Pleaser

Embarking on this journey requires intentional effort, patience, and self-compassion. Here are actionable strategies to facilitate the transition:

1. Cultivate Self-Awareness

- Reflect on Motivations: Regularly ask yourself why you're doing certain things. Are your actions driven by your values or by a desire to please?
- Identify Triggers: Notice situations where you feel compelled to say yes or suppress your feelings.
- Journal Your Feelings: Keeping a journal helps clarify emotional patterns and personal desires.

2. Establish Healthy Boundaries

- Learn to Say No: Practice polite but firm refusals. Remember, saying no is a form of self-respect.
- Define Your Limits: Be clear about what you are comfortable with and communicate this openly.
- Prioritize Self-Care: Make time for activities that nourish your soul, such as hobbies, meditation, or spiritual practices.

3. Connect with Your Values and Passions

- Identify Core Values: Clarify what matters most to you—honesty, creativity, compassion, independence, etc.
- Align Actions with Values: Ensure your decisions and behaviors reflect your authentic beliefs.

- Engage in Meaningful Activities: Pursue passions that resonate deeply and foster a sense of purpose.

4. Practice Authentic Communication

- Express Your Feelings Honestly: Share your thoughts and emotions openly, even if they differ from others' expectations.
- Accept Discomfort: Recognize that honest conversations may cause temporary tension but lead to healthier relationships.
- Listen Actively: Genuine connection involves understanding others without losing yourself.

5. Develop Inner Validation

- Build Self-Compassion: Treat yourself with kindness and understanding.
- Celebrate Small Wins: Acknowledge progress, such as setting boundaries or expressing your true feelings.
- Reduce External Validation Dependency: Remind yourself that your worth is intrinsic, not based on others' opinions.

Overcoming Challenges on the Path

Transitioning from people-pleasing to soul-pleasing is a process that may involve setbacks. Common obstacles include:

- Fear of Rejection: Remember, authentic relationships are built on honesty. True friends will appreciate your genuine self.
- Guilt and Shame: These feelings are natural but can be addressed through mindfulness and self-compassion.
- Societal Pressure: Cultivate resilience by reinforcing your commitment to living authentically.

Seeking support from therapists, coaches, or support groups can provide guidance and encouragement. Remember, change takes time, and patience is essential.

The Benefits of Embracing Your True Self

The rewards of shifting toward soul-pleasing behaviors are profound and far-reaching:

- Enhanced Self-Esteem: Confidence rooted in authenticity replaces fragile external validation.
- Deeper Relationships: Genuine connections are built on honesty and mutual respect.
- Inner Peace: Living in alignment with your values fosters tranquility and contentment.
- Resilience: Inner validation and self-awareness increase your capacity to handle life's challenges.
- Personal Growth: Embracing your true self opens doors to new opportunities and passions.

By consciously choosing to be a soul pleaser, you create a life that reflects your true essence, leading to a more meaningful and satisfying existence.

Conclusion: A Continual Journey

Transitioning from a people pleaser to a soul pleaser is not an overnight transformation but a continuous journey of self-discovery and growth. It involves peeling back layers of societal conditioning and personal fears to reveal your authentic self. While the process may evoke discomfort, the outcome is a life aligned with your deepest values, fostering genuine happiness and inner peace. Ultimately, the goal is to become a person who pleases the soul — nurturing your well-being and inspiring others through authentic living.

Remember: Your worth is inherent. The most fulfilling relationships and experiences come when you honor your true self. Embrace the journey from people pleaser to soul pleaser, and step into a life of genuine fulfillment and purpose.

From People Pleaser To Soul Pleaser

from people pleaser to soul pleaser: From People Pleaser to Soul Pleaser Tracy Secombe, 2022-07-11 What if you could create a life that you love? Better yet, what if you could learn to do this by tuning into your soul for guidance, instead of looking outside of yourself for approval? Your life is not your own if you always care what others think. When you truly know to your core that you are here to be your highest version of you and that you are the one who gets to define what that is, the pressure is off. Life is completely up to you. It's your game. You get to choose. You are free. Inside *From People Pleaser to Soul Pleaser - 6 Steps to Being Who You are Meant to Be*, you'll discover: How to help others without sacrificing your own wellbeing Your natural ability to share what's true for you without offending others What you really love and want to do with your life and the confidence to pursue it How to finally love yourself no matter what and set that example for your children And much, much more! Tracy Secombe has coached hundreds of people pleasers to become Soul Pleasers® after experiencing chronic burnout from chasing recognition her entire life. By following her six simply explained steps, you will remember your true essence of joy and be who you want to be so you can relish in wonderful relationships, health, abundance, and fulfillment. Unlock who you are meant to be today!

from people pleaser to soul pleaser: From Grief to Gratitude Marion Turner, 2019-02-16 *From Grief to Gratitude* gently guides you through a simple but profound process of self-discovery combined with meditations that will facilitate your personal shift from grief to gratitude. You will rediscover your self, your purpose, and passions as you learn how to let go of the past and embrace the present—reclaiming your life and getting back to you! Marion Turner shares the steps that took her on this profound journey over ten years, resulting in a state of gratitude and acceptance of life for what it is. Whether you are grieving the loss of a loved one, the loss of a relationship, the loss of health, or any other thing of importance to you, this book will help you make sense of your state of being and reactivity, which will restore clarity, peace, and joy to your life. Honour what you have lost by living your life to its fullest, living with purpose and on purpose! This is a book about awareness, acceptance, forgiveness, self-compassion, gratitude, and joy.

from people pleaser to soul pleaser: The People Pleaser's Guide to Saying Yes to You Hollie Azzopardi, 2025-03-25 'Like a warm hug ... Full of relatable stories and practical tips that will help you find your way back to your true self, even when chaos reigns.' – Luka McCabe 'A deeply personal and practical guide to embracing the new seasons of life ... Hollie's insights are invaluable.' – Georgie Stevenson A crash course in getting to the root of your people-pleasing tendencies, from the bestselling author of *The People Pleaser's Guide to Putting Yourself First*. So you've learned how to stop caring so much about what other people think, but what comes next? Can you prioritise self-care without apology or fear? • Get clear on who you really are, even when facing a major life crisis • Learn how to truly tend to your nervous system • Understand why slowing down and tuning in are the keys to shining as your brightest self Offering a range of healing practices for the 'givers' among us, this guide will help you tap into yourself holistically and feel both more brilliant and at peace than ever before.

from people pleaser to soul pleaser: The People Pleaser's Guide to Putting Yourself First Hollie Azzopardi, 2022-11-29 A crash course in setting boundaries and looking after yourself from

podcaster and Mind, Body & Soul mentor Hollie Azzopardi. Are you worn out from prioritising other people's needs over your own? Do you always feel tired rather than inspired or uplifted? Are you working in a job you dislike, or living from a place of fear? Are you in toxic relationships you don't know how to shake off? Do you care so much about what others think that it's debilitating? You deserve to live a vital and purposeful life. The People Pleaser's Guide to Putting Yourself First will help you get to the root of who you are, what you need and how to live in a way that makes you feel fantastic. 'Funny, honest, practical and essential for people who usually put others first.' -Jordanna Levin, author of Make You Happen

from people pleaser to soul pleaser: Boundaries for Your Soul Alison Cook, PhD, Kimberly Miller, MTh, LMFT, 2018-06-26 Let Boundaries for Your Soul show you how to turn your shame to joy, your anger to advocacy, and your inner critic into your biggest champion. Do your emotions control you or do you control your emotions? Boundaries for Your Soul, written by bestselling authors and licensed counselors Alison Cook and Kimberly Miller, shows you how to calm the chaos within. This groundbreaking approach will give you the tools you need to: Know what to do when you feel overwhelmed Understand your guilt, anxiety, sadness, and fear Move from doubt and conflict to confidence and peace Find balance and emotional stability Gathering the wisdom from the authors' twenty-five years of combined advanced education, biblical studies, and clinical practice, this book will set you on a journey to become the loving, authentic, joyful person you were created to be. Praise for Boundaries for Your Soul: Personal growth requires that we create healthy boundaries for our internal world, just as we are to do in our interpersonal relationships. When the various parts of our soul are connected and integrated, the result is that we heal, relate, and function at the highest levels. Alison Cook and Kimberly Miller have written a very helpful, engaging, and practical book on how to accomplish this process. --Dr. John Townsend, New York Times bestselling author of Boundaries and founder of the Townsend Institute Boundaries for Your Soul spoke to me in echoes of already-known, yet-not-fully-applied truths, as well as with sweet new understandings. For both those familiar with Jesus' inner healing and those new to the process, there is real help here. --Elisa Morgan, author of The Beauty of Broken and The Prayer Coin, cohost of Discover the Word, and president emerita of MOPS International

from people pleaser to soul pleaser: The People Pleaser's Guide to Loving Others without Losing Yourself Dr. Mike Bechtle, 2021-01-19 We all want other people to like us and think well of us. But when we depend on the praise, admiration, or appreciation of others for our sense of self-worth, we become trapped in an exhausting and debilitating cycle of people-pleasing relationships where we always give and rarely receive. The most common advice we hear--Start putting your own needs first!-- doesn't work, because we do love helping other people! Thankfully, the solution to the people pleaser's problem isn't to fundamentally change who you are--it's to fundamentally change where you find your worth. In this freeing book, Dr. Mike Bechtle shows you stop letting your fears of rejection, criticism, invisibility, or inadequacy drive your actions and start rebuilding your sense of self-worth from the inside out. When you do, you'll discover that what you once thought of as a struggle is actually a strength.

from people pleaser to soul pleaser: Balance After Burnout (paperback) Dave Thompson, 2015-10-13 Burnout. A badge of honour for some, worn with pride, as if to say look how good I am. The truth is that the cost of burning out while on the journey of life or business is far too costly. Financially, emotionally, physically, spiritually - every part of life can be effected. In this cutting edge work, Dave Thompson presents his brand new Balance Dynamics Methodology, a thinking model to quickly identify where you are out of balance, and what you need to do to return to balance.

from people pleaser to soul pleaser: Discover Your Purpose Rhys Thomas, 2015-08-25 In this life-changing book, energy medicine expert Rhys Thomas shows you how to discover your life purpose and align your decisions with your deepest self, so your life is fulfilling, productive, and full of joy. Trying to meet everyone else's expectations about the type of role you should play—whether in your job, your family, or society—can leave you constantly striving but ultimately dissatisfied. In

this inspiring book, Thomas guides you in using the Rhys Method® Life Purpose Profile System to identify your purpose and reconnect with your passions, so you can find true happiness and fulfillment. This system of self-discovery encompasses five distinct soul-based profiles. Which one are you? - Creative Idealists are highly imaginative thinkers who sometimes self-isolate, feeling safer staying in their inner mental world than engaging with others. - Emotional Intelligence Specialists are empathic, sensitive, and compassionate but sometimes struggle with being overwhelmed and feeling unloved. - Team Players are loyal supporters who selflessly put others' needs before their own, but they can fail to recognize their own strengths and needs. - Charismatic Leader-Charmers are energetic, dynamic, and capable, but they can become distrustful, self-centered, and even aggressive, in their relationships. - Knowledgeable Achievers are driven, self-disciplined, and organized big-picture thinkers. They sometimes lose touch with their emotions and push themselves too hard, becoming overly critical and judgmental. Once you identify your primary life-purpose profile, as well the other profiles you may inhabit, you can move toward your unique calling—embracing your strengths and rejecting unhealthy behaviors. Discover Your Purpose also helps you to better understand and relate to others through their profiles. Included in this book are resources and bio-energetic exercises designed for your individual profile to help you reach your fullest potential in mind, body, and soul.

from people pleaser to soul pleaser: Soul Tap N. Makeda Lucas-Ingram, 2002-06-10 The second collection of poetry filled with soulful words written to stir and inspire readers. Tapping into your soul from my soul.

from people pleaser to soul pleaser: The Power of Soul Loving Rebecca Gabrielle, 2019-07-25 Life is full of challenges that provide us with an opportunity to reflect on the choices that have brought us this far on our soul journey. Despite desiring answers to our deepest most introspective questions, we may hesitate to look inward for the answers, perhaps fearful of what we will hear within our soul. Yet even after we choose avoidance, our soul can be persistent, encouraging us to listen to the call of the Divine that urges us toward greater love. In an enlightening, uplifting presentation, Rebecca Gabrielle details her spiritual journey as she learned to acknowledge and accept the call of her soul to change the course of her life. While inviting others to walk with her on the path to true love, Rebecca reveals how her heart was opened to face her shadows and inner-truths, eventually compelling her to take a leap of faith towards a life of deeper love and spiritual awakening. The Power of Soul Loving is a spiritual guide for anyone ready to embrace personal transformation and soul growth. In sharing her story, Rebecca shines a light on how to face our fears, manage the discomfort of change, and shift towards compassion and self-love for a more fulfilling and purposeful life. One woman's journey from despair to inner-freedom reveals the wisdom of our soul's transformative power to unveil a life of true love.

from people pleaser to soul pleaser: *Fire in the Soul* Joan Borysenko, 2001-03-15 The author of the New York Times bestseller *Minding the Body, Mending the Mind* reveals the power of spiritual optimism: a philosophy that sees life crises as opportunities for personal growth and spiritual transformation.

from people pleaser to soul pleaser: Soul Numbers Michelle Arbeau, 2014-07-01 Is it just a coincidence that a record number of people are seeing in numbers, or could it be the fabric of the universe revealing itself to us? According to the religion of Kabbalah and even the ancient Greek philosopher and mathematician Pythagoras, the truths of the universe are contained within numbers. The phenomena of numbers—seeing repeating numbers and number sequences—are sweeping the globe. People from the average Joe to celebrities are seeing repeating numbers on clocks, in addresses, in phone numbers, in account numbers, and on license plates, just to name a few. Repeating numbers and number sequences are showing up in both the quirky and the commonplace on a daily basis. Skeptics argue that seeing repeating numbers is simply a matter of pattern recognition and it's all in our head. There have been scientific theories throughout history that attempt to explain the basis of the universal structure—from String Theory to the Holographic universe. All things in existence can be counted, sorted, or measured using numbers and,

intriguingly, a common thread in many theories is mathematics. More people are reporting the same phenomena in all cultures, races, and religions, turning skeptics into believers. Soul Numbers has the potential to create a tidal wave amid this numbers phenomenon, making it the new, most complete numbers-meaning bible. Numerology books offer some insight into the base number meanings of 0 to 9 but fail to go further to precisely pinpoint and explain why someone is seeing 1:47 on a clock daily and what it means to them. Covering the number meanings from 0 to 999, Soul Numbers helps readers decipher any number sequence. Whether they're seeing single 2s everywhere or exactly four—2222—it will allow them to break the numbers down like an ancient code. Unlike other titles with mainly angelic-focused number meanings, this book holds a broad spectrum view of number patterns, weaving science and spirituality to spark the curiosity of both the skeptic and the die-hard spiritualist.

from people pleaser to soul pleaser: Restore My Soul Laura L. Smith, 2022-07-27 The book of Psalms is full of wonderful passages that illuminate the intimate connection we get to have with our Father. Despite the chaos of our busy lives, the Father is frequently whispering to our souls to spend time with Him. Dive into the power of the Psalms and be inspired to praise God as you read *Restore My Soul: The Power and Promise of 30 Psalms*.

from people pleaser to soul pleaser: As the Tortilla Burns - A Journey to the Depths of Your Soul Wendy L. Zake, 2015-04-17 This is a power house of a story equally packed with action and emotion. Often people's lives reflect the weather, such as hurricanes, and *As The Tortilla Burns* is such a story. It isn't all sweet and harmonious like invented stories, but tastes of disappointment, obstacles and bewilderment, of madness and dreams like the lives of real people who no longer lie to themselves, learning invaluable lessons about life. With blessings, angels, empathy and compassion she finds herself on a journey to the depths of her soul and with the will and courage to survive, she leaves behind everything she once held dear in a harrowing true story of discovery and transformation.

from people pleaser to soul pleaser: Soul Care for the Medical Marriage Dawn Mast, 2025-03-12 It can be both fulfilling and challenging to be married to a medical professional. Yet when we trust in God's plan, we not only find our medical marriage strengthened, but also can learn to love Jesus more deeply. With candor and clarity, Dawn Mast intertwines relatable personal stories gathered from more than three decades of marriage to a doctor with scripture, prayers, and a generous dose of humor to show the reality of what it means to be married to someone in the medical field. Through her insights and wisdom, Dawn provides a safe space for medical spouses to take a breath, know they are not alone, that it's okay to feel afraid, and that, with God's unconditional love and support, they can tenderly care for a spouse who is healing in His name. *Soul Care for the Medical Marriage* is a devotional that provides encouragement and hope to medical spouses through biblical insights, real-life stories, and humor. "Dawn Mast has offered a lifeline of hope to medical spouses who often navigate the lonely, turbulent waters of their marriages ..."
—LaVonne Martin, wife of an anesthesiologist

from people pleaser to soul pleaser: A Soul's Journey Marnie Hill, 2024-11-27 Marnie Hill speaks to the unseen world. In this very personal account of one woman's journey to acknowledging and accepting her special gifts, such as reading auras, seeing loved ones who have died, hearing voices from the other side, and sharing messages from the afterlife to the living, Marnie Hill gives us an open and honest portrayal of her life's work and healing. Her gifts have helped her to personally improve her own life and her self esteem. Her journey became her life calling covering love, loss, and spiritual self discovery. Marnie is truly tapped in! This is an inspirational book for anyone wishing to explore the intertwined topics of spirituality with Spirit. It is an eye and soul opening book not to be missed!

from people pleaser to soul pleaser: Soul Shift Rachel Macy Stafford, 2023-03-28 Reclaim Joy, Inner Freedom, and Zest for Life. How often do you feel joy—a truly pure, unadulterated experience of ease, bliss, and happiness? In childhood, our joy arises in the moment, spontaneous and free. But as we become adults, we're faced with the pressure of increased responsibilities,

endless demands, and a barrage of breaking news. And along the way, we forget how to be present in our own lives. In *Soul Shift*, Rachel Macy Stafford offers us a practical, inclusive guide to navigating a culture of distraction and depletion to find our way back to what delights our heart, makes us feel alive, and brings us peace. She illuminates how to embody the practice of presence, where we return home to our authentic selves and the joy found only in the here and now. Like a wise, empathetic friend, Stafford accompanies you on a wondrous exploration of self-discovery. She walks you through a symbolic botanical garden made up of eight areas designed to help you practice: presence, worthiness, letting go of perfection, self-kindness, authenticity, forgiveness, looking after yourself, and cultivating your gifts. *Soul Shift* helps you rediscover the joy inside you at a pace that is natural, with an approach that is gentle and practical exercises that are easy to follow. Here, you will learn how to:

- Release external measurements of success so you can focus on what matters
- Respond to life's challenges with awareness and compassion
- Realign with your heart and the calm presence within
- Create a framework to center you when life steers you off course

Experience the healing power of presence for yourself and with the ones you love. In practicing this work, "our innermost truths come to the surface," Stafford writes. "Barriers crumble, the past loses its grip, and we are finally free to show up as our fully human selves and make our unique contributions to the world."

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