



# Breaking Free!

## A GROUP FOR “NICE GUYS”

“Nice guys” are men who have been conditioned to seek the approval of others, particularly women, and are overly concerned about looking good and doing everything right.

This group sprung from a handful of men who read the book “No More Mr. Nice Guy” by Robert Glover, found it striking a chord and felt they could benefit from a group experience with other men trying to make similar changes in their lives.

According to Glover, “nice guys” are generally peace-loving and generous and seem happiest when they are making others happy. They avoid conflict and go to any length not to upset folks. They believe if they are giving and caring, they will be happy, loved and fulfilled. When they eventually learn their strategy is not working, helplessness and resentment follow and they become anything but nice.

The group will help men:

- Stop seeking approval and start living up to their potential.
- Learn effective ways to get their needs met.
- Feel more powerful and confident.
- Learn to express feelings and emotions.
- Accept themselves as they are.

**Where:** The Anxiety & Stress Management Institute  
(directions at [www.StressMgt.net](http://www.StressMgt.net))

**When:** Every other Wednesday from 7:30- 9:00 p.m.

**Contact:** Group leader Sam Heys, LPC  
770-953-0080, extension 310 or [samheys@stressmgt.net](mailto:samheys@stressmgt.net)

**Fee:** \$65 per group

**The Anxiety & Stress Management Institute**

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