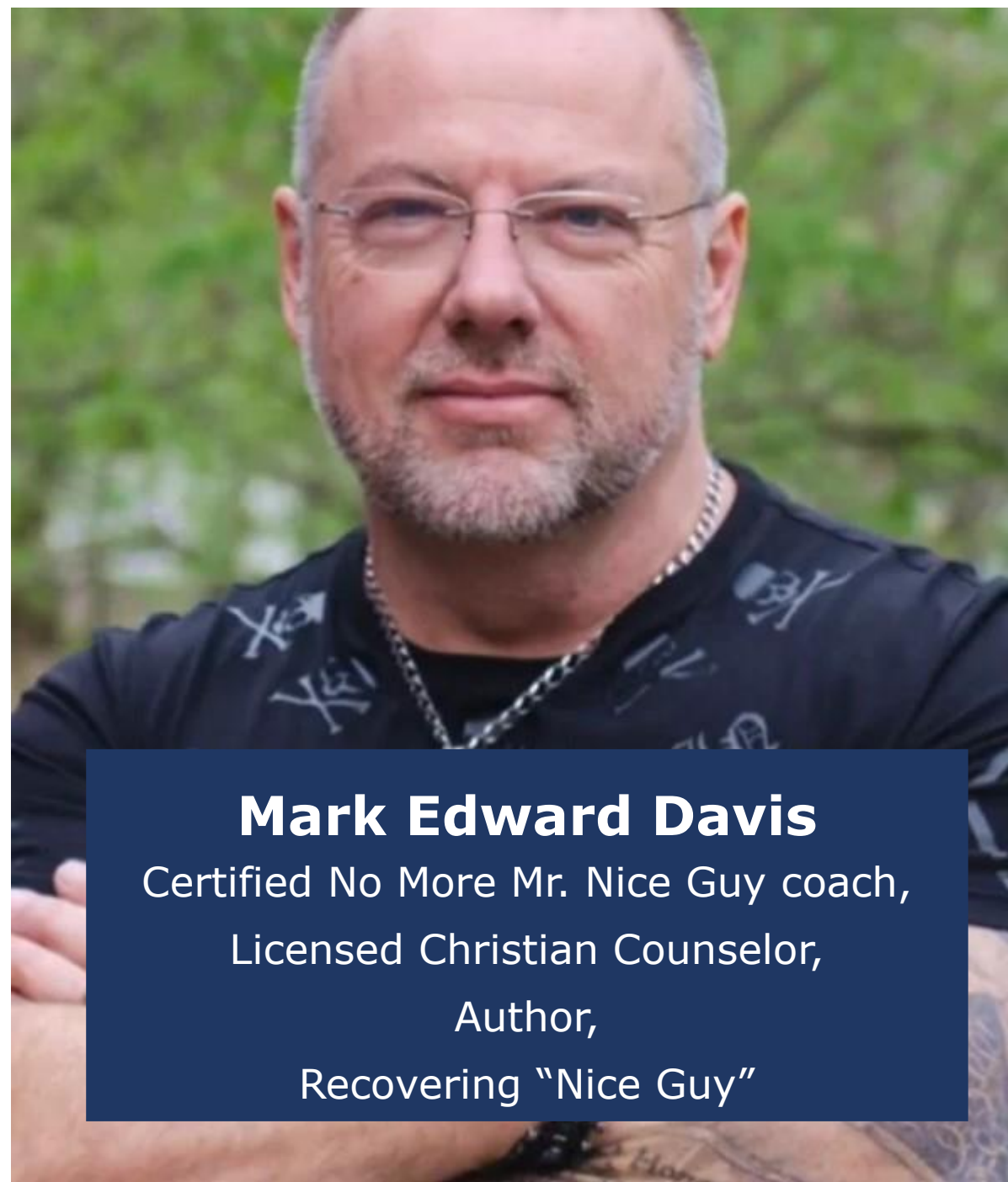


WITH A NEW PREFACE BY THE AUTHOR

**DR. ROBERT  
GLOVER**

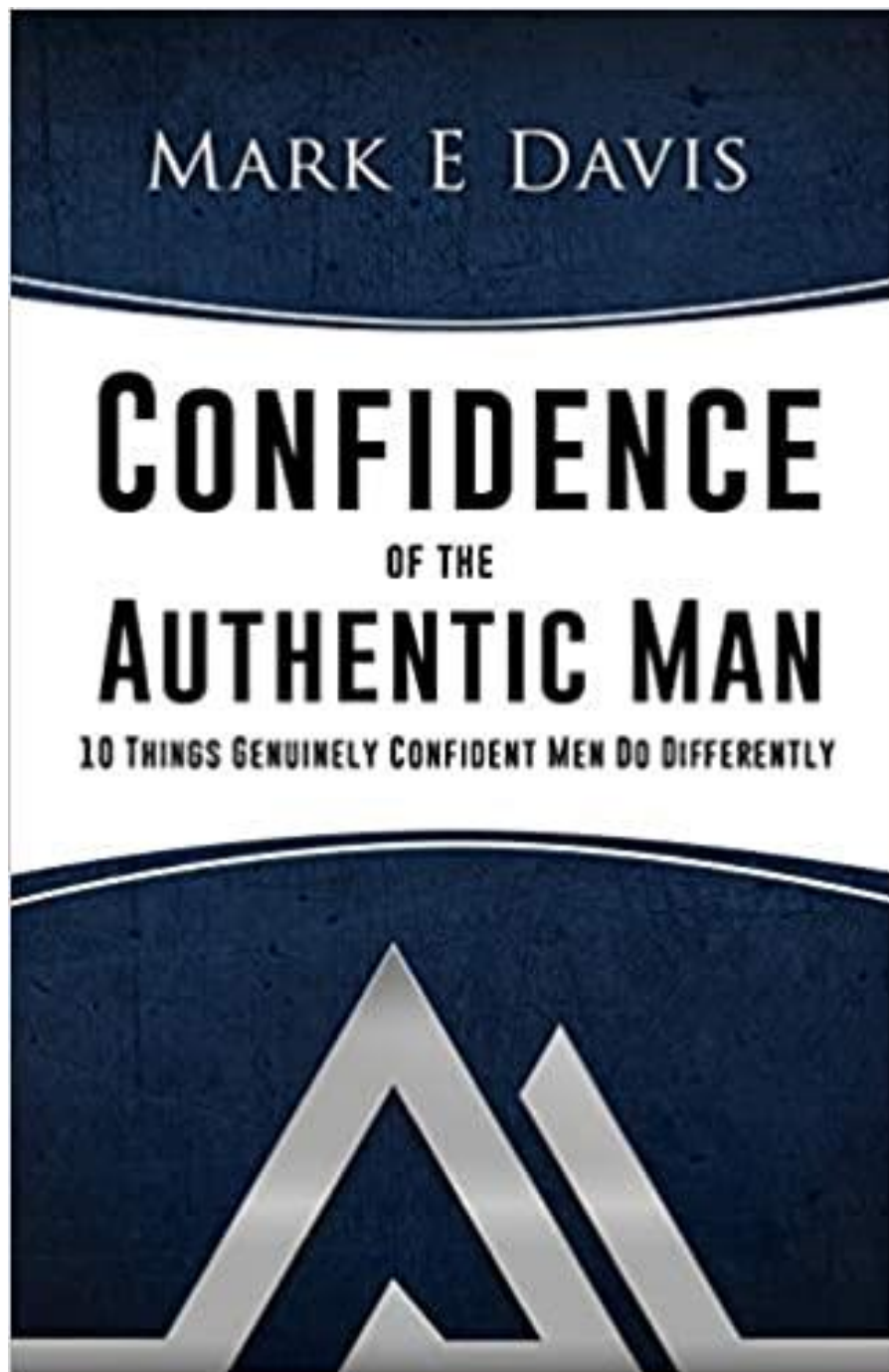
**NO MORE MR.  
NICE  
GUY**

A PROVEN PLAN FOR GETTING WHAT  
YOU WANT IN LOVE, SEX, AND LIFE



**Mark Edward Davis**

Certified No More Mr. Nice Guy coach,  
Licensed Christian Counselor,  
Author,  
Recovering "Nice Guy"



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# The Nice Guy Syndrome

## Nice Guys are givers (people pleasers).

- But are they giving out of benevolence or manipulation?

## Nice Guys fix and caretake.

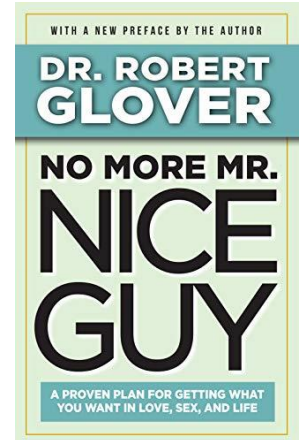
- They are uncomfortable when others are unhappy.

## Nice Guys seek approval and validation from others.

- Everything a Nice Guy does or says is at some level calculated to gain someone's approval or avoid disapproval.

## Nice Guys have difficulty making their needs a priority.

- They believe it's selfish to put their needs first—or sometimes, even to *have* needs at all



# The Nice Guy Syndrome

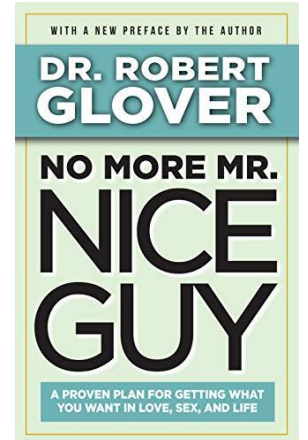
**Nice Guys avoid conflict at all costs.**

**Nice Guys believe they must be perfect.**

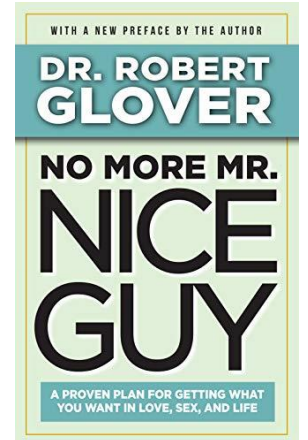
- Otherwise, others will (supposedly) reject or leave them.

**Nice Guys repress their feelings.**

- “What feelings?”



# The Nice Guy Syndrome



## Nice Guys try to be different from their fathers.

- Many Nice Guys report having unavailable, absent, passive, angry, philandering, or alcoholic fathers.
- It is not unusual for these men to make a decision at some point in their lives to try to be 180 degrees different from Dad.

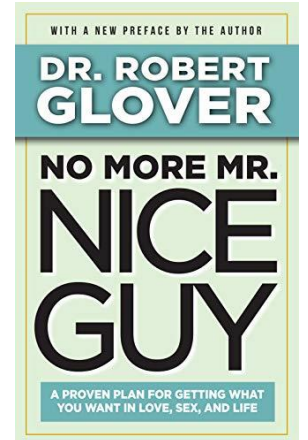
## Nice Guys are often more comfortable relating to women than to men.

- Nice Guys frequently seek the approval of women and convince themselves they are different from (better than) other men.
- They like to believe that they are not selfish, angry, or abusive — like "other" men.

# The Nice Guy Syndrome

## Nice Guys tend to be disconnected from other men.

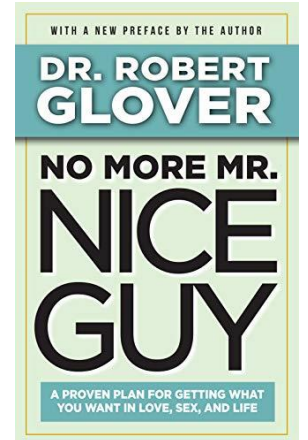
- They may have few male friends.
- With limited positive male contact in childhood, they never learned the basic skills necessary to build meaningful relationships with men.
- Believing they are different from other men, they cut themselves off from the many positive benefits of male companionship and the power of a masculine community.
- *“I used to have male friends, but my wife made it such a hassle to do things with them that I just gave up.”*



# The Nice Guy Syndrome

**Nice Guys often make their partner their emotional center.**

- They're only happy if their partner is happy, so they focus tremendous energy on the relationship.

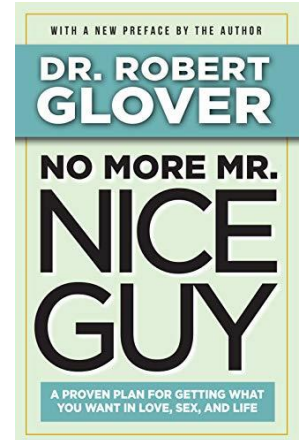


# What's Wrong With Being A Nice Guy?

## Nice Guys can be...

- dishonest
- secretive
- compartmentalized
- manipulative
- controlling
- passive-aggressive
- full of rage
- addictive

*“Since Nice Guys tend to keep so much bottled up inside, it has to come out somewhere. One of the most common addictive behaviors for Nice Guys is sexual compulsiveness.”*

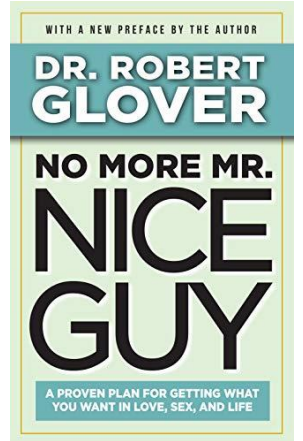




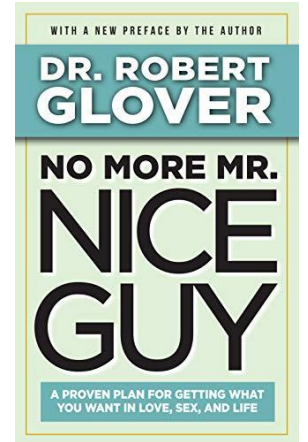
# What's Wrong With Being A Nice Guy?

## Nice Guys are...

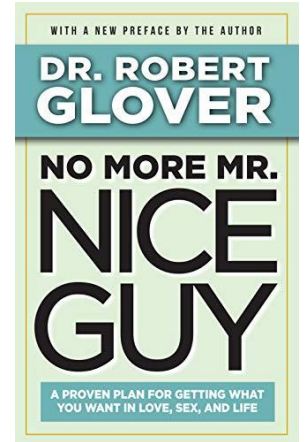
- frequently isolated
- often attracted to people and situations that need fixing
- usually only relatively successful



# The Opposite of a “Nice Guy” is an Integrated Man



# The Opposite of a “Nice Guy” is an Integrated Man



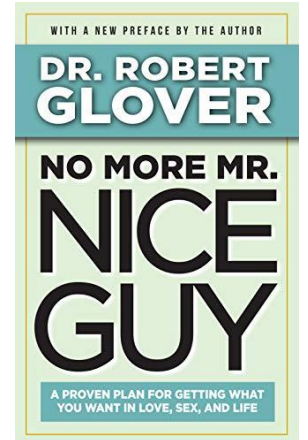
**“Women don’t want nice guys.  
Women want whole men.”**

Quoting “The Hideous Damsel” from the Parcifal Myth  
**Journey Beyond** by Brothers Road

# The Opposite of a “Nice Guy” is an Integrated Man

## An Integrated Man:

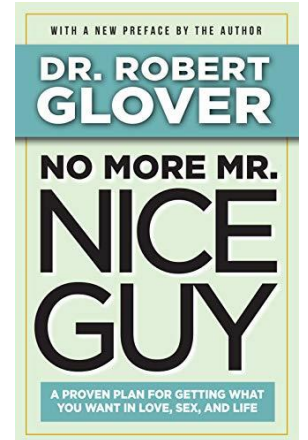
- has a strong sense of self. He likes himself just as he is.
- takes responsibility for getting his own needs met.
- is comfortable with his masculinity and his sexuality.
- has integrity.
- does what is right, not what is expedient.
- is a leader.



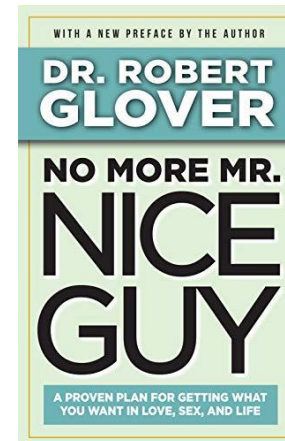
# The Opposite of a “Nice Guy” is an Integrated Man

## An Integrated Man:

- is willing to provide for and protect those he cares about.
- is clear, direct, and expressive of his feelings.
- can be nurturing and giving without caretaking or problem-solving.
- knows how to set boundaries
- is not afraid to work through conflict.



# The Opposite of a “Nice Guy” is an Integrated Man

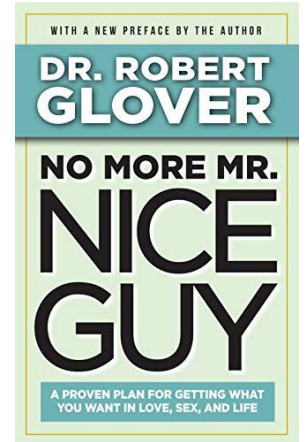


Recovery from the Nice Guy Syndrome is dependent on **revealing** one's self and receiving **support** from safe people.

It is essential, therefore, that men who want to break free from the Nice Guy Syndrome find **safe people to assist them.**

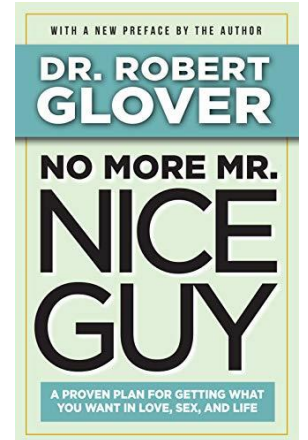
# The Opposite of a “Nice Guy” is an Integrated Man

- Learn to please the only person who really matters.
- Make your needs a priority
- Reclaim your personal power
- Reclaim your masculinity
- Get the love you want by breaking old, self-limiting patterns



# The Opposite of a “Nice Guy” is an Integrated Man

- Live the life you want by
  - Realizing your passion and potential
  - Facing your fears
  - Charting your own path
  - Letting go of trying to do it “right” (or perfect)
  - Learning to ask for help
  - Identifying self-sabotaging behaviors
  - Developing a more accurate view of the world





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