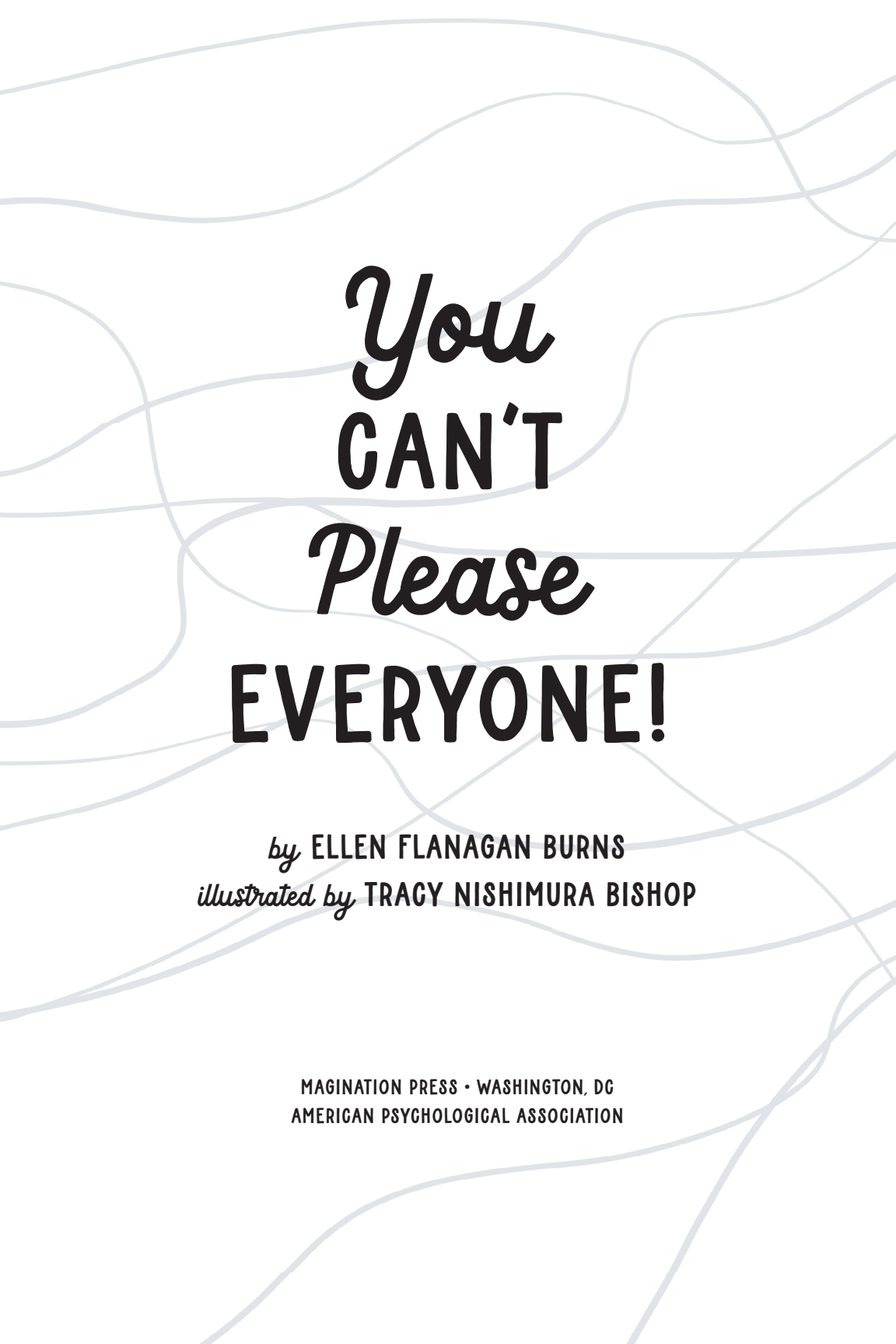


You **CAN'T** *Please* **EVERYONE!**



by
ELLEN FLANAGAN BURNS

illustrated by
TRACY NISHIMURA BISHOP



You **CAN'T** *Please* **EVERYONE!**

by ELLEN FLANAGAN BURNS
illustrated by TRACY NISHIMURA BISHOP

MAGINATION PRESS • WASHINGTON, DC
AMERICAN PSYCHOLOGICAL ASSOCIATION

FOR KAELYN, MY SHINING LIGHT—*EFB*
FOR ANDREW—*TNB*



Text copyright © 2022 by Ellen Flanagan Burns. Illustrations copyright © 2022 by Tracy Nishimura Bishop. Published in 2022 by Magination Press, an imprint of the American Psychological Association. All rights reserved. Except as permitted under the United States Copyright Act of 1976, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher.

Magination Press is a registered trademark of the American Psychological Association. Order books at maginationpress.org, or call 1-800-374-2721.

Book design by Rachel Ross

Printed by Phoenix Color, Hagerstown, MD

Library of Congress Cataloging-in-Publication Data

Names: Burns, Ellen Flanagan, author. | Bishop, Tracy Nishimura, illustrator.

Title: You can't please everyone/by Ellen Flanagan Burns; illustrated by Tracy Nishimura Bishop.

Description: Washington, DC: Magination Press, [2022] | Summary: "Ellie feels like she is disappointing people if she says "no." With help from her parents and her teacher, she learns how to be honest with people and do the right thing for herself"—Provided by publisher.

Identifiers: LCCN 2021032389 (print) | LCCN 2021032390 (ebook) | ISBN 9781433839245 (hardcover) | ISBN 9781433839252 (ebook)

Subjects: LCSH: Assertiveness (Psychology)—Juvenile literature. | Self-confidence—Juvenile literature. | Boundaries (Psychology)—Juvenile literature.

Classification: LCC BF575.A85 B87 2022 (print) | LCC BF575.A85 (ebook) | DDC 158.2—dc23

LC record available at <https://lcn.loc.gov/2021032389>

LC ebook record available at <https://lcn.loc.gov/2021032390>

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

Contents

<i>Dear Reader:</i>	v
<i>Chapter One:</i> PUT ON THE SPOT.....	1
<i>Chapter Two:</i> HEAVY FEELINGS.....	7
<i>Chapter Three:</i> JENNA THE JACKET.....	17
<i>Chapter Four:</i> EMPTY CUP.....	23
<i>Chapter Five:</i> IT'S NOT MY JOB TO PICK YOUR ICE CREAM.....	29
<i>Chapter Six:</i> IT'S OKAY TO SAY NO.....	35
<i>Chapter Seven:</i> NOT GUILTY.....	43
<i>Chapter Eight:</i> DOING THE RIGHT THING, NOT THE PLEASING THING.....	47
<i>Chapter Nine:</i> FRIENDS FOR LIFE.....	51
<i>About the Author and illustrator:</i>	56



DEAR
Reader



If you're like Ellie, your friends are important to you. It feels good to get along with our friends and have fun. When a friend is feeling down, we're there to listen to them or spend time together. And, it's nice when they do the same for us.

But sometimes the need to make our friends happy or to fit in and be accepted by others can get in the way of our own happiness. We may think things like, "I'll hurt her feelings if I say 'no.' Will he still like me if I don't agree? Maybe I should give in again so she won't be disappointed."

Ellie had worries like these. She was afraid her friends wouldn't like her anymore if she disappointed them in some way. She tried so hard to be liked that she forgot to take care of herself. Over time that left her feeling upset, anxious, and sad.

IT'S NOT YOUR JOB TO:

Please People

When Ellie tries to please people, it feels good at first because it makes them happy, but that good feeling

doesn't last very long. Always worrying about what people think is exhausting! Ellie discovers it's much better to just be herself and trust that it's enough for her friends.

Be Liked

The truth is, the way someone feels about you isn't really your concern. The way YOU feel about you is. So, be your best YOU. It's OKAY to be yourself and say "no" to others.

Do It All

Ellie discovers that she can't do it all and besides, her good friends don't expect her to. She feels happier and more confident when she does what feels right instead of what she thinks someone else wants her to do.

IT IS YOUR JOB TO:

Be Kind

Ellie discovers that it feels good to be kind and to help others when she can. That's different than trying to please people. She learns to do the thing that feels right, rather than the thing that makes others like

her. When we do what feels right, it gives us a good feeling that lasts.

Be Yourself

There's no one else just like you. That's incredible! Whether you're silly, sweet, quiet, smart, shy, funny, talkative, or outgoing (or all of the above at different times), BE YOU! Ellie relaxes when she discovers that being herself is enough. She learns how to speak up for herself in a way that's friendly *and* true to herself.

Choose Your Friends Wisely

People who expect you to make them happy rather than be yourself can be difficult to get along with. They may blame you when things don't go their way. These kinds of friends can bring out the people-pleasing side of you. Find friends who lift you up, not bring you down. Find friends who like you just the way you are.

Welcome to Ellie's story!

*Your friend,
Ellen*

