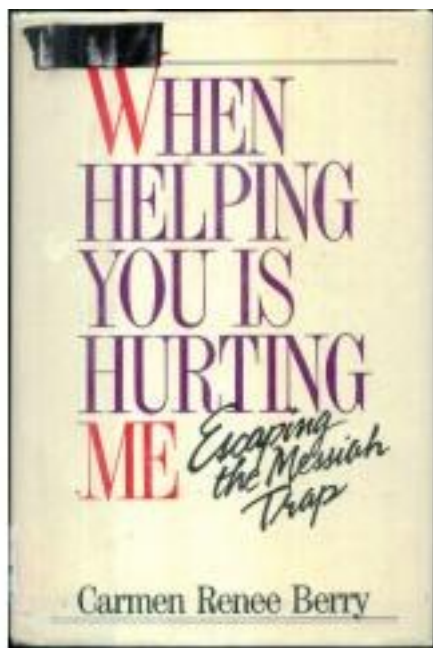


When Helping You Is Hurting Me



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Anyone who feels driven by a personal mission to save the world is a potential victim of the Messiah Trap. Now Carr,,~.:v: Renee Berry offers a lifesaving alternative for all who feel their spiritu~,~, emotional, and physical resource:,, ~:~.t:

strained by the impossible demands of perfection. When Helping You Is Hurting Me provides fresh insights and solutions to the problems of neglecting one's personal needs to focus solely on helping others. She details specific ways of recognizing and escaping such self-imposed burdens, and offers guidelines for replacing them with more responsible and ultimately more beneficial attitudes toward oneself and others. Berry offers solid guidance to help readers make the transition from wounded child to whole and self-assured adult.

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