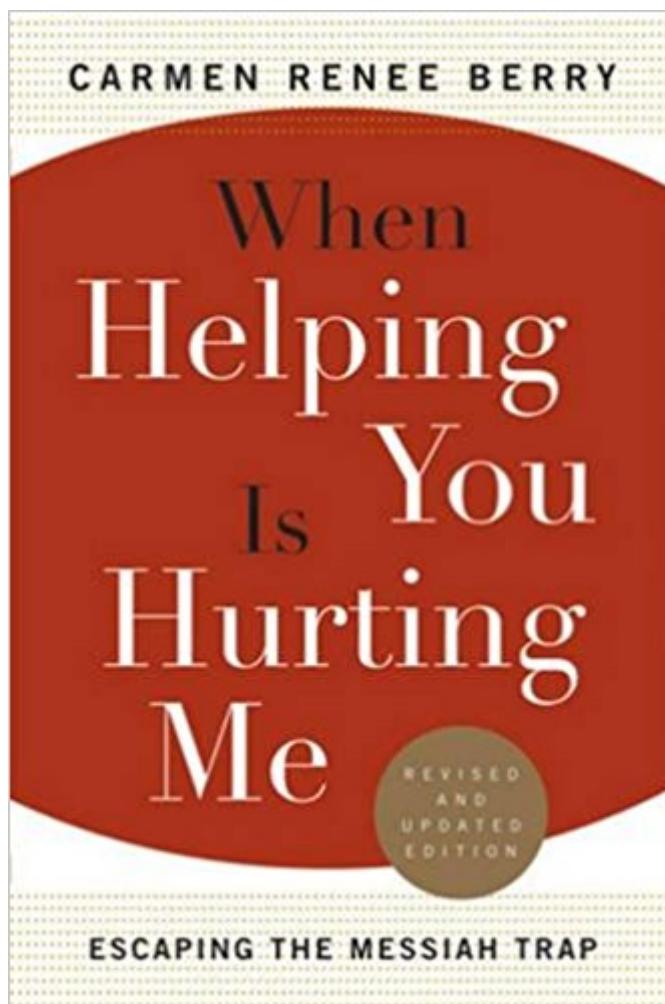


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# When Helping You Is Hurting Me: Escaping The Messiah Trap



## **Synopsis**

Do you find yourself trapped in a relationship where you do all the giving and the other person does all the taking? If, so you have fallen into the Messiah Trap. This book is your ticket out.

## **Book Information**

Paperback: 176 pages

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Best Sellers Rank: #449,257 in Books (See Top 100 in Books) #288 in Books > Religion & Spirituality > Religious Studies > Psychology #848 in Books > Christian Books & Bibles > Christian Living > Dating & Relationships #1291 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

## **Customer Reviews**

"A great help to all...who wonder why they are exhausted and burned out...Shows us how to love ourselves and our work (so that our) energy source isn't depleted and our self-worth isn't affected."

â "Bernie Siegel, M.D.

Excellent book for people who work in helping professions and tend to always put others ahead of their own needs. The book was simple and to the point. It does not require a large commitment to read and finish this book. I read this right after it was published years ago, then again recently. It is just as relevant today as it was 20 or 30 years ago. A small investment for a lot of information.

Thought provoking book for those going into a "helping profession". While not a "professional book", and is a bit "heavy" on making her point on some of the "types", it does bring up issues that probably all of us have to some degree. It is good to reflect and gain insight into ourselves on areas that might potentially affect the therapeutic relationship and work we do with our clients.

Brought this for my loved ones who have so much heart for others but usually ends up hurting

themselves because you can't "fix" everyone. It's a good read and they've recommended to their friends so if you have someone in your life with a savior complex, get it, and change their mind.

So many things to take into consideration when interacting with family and friends...if you're feeling overwhelmed by people pulling you in all directions and wanting to help everyone to your detriment then read this book, it could be that you're hurting them as well.

It's been a God sent! In his infinite wisdom sent me to this one. It's amazing.

Not exactly what I was looking for, but written clearly.

its ok

This is an excellent book for those caught in the grips of co-dependency. It is a good guideline for healthy living.

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